

Carolina country



CHAPL HILL NC 27559-0001

WILSON LIBRARY CB 3930

READING RM NC COLLECTION

044 05 229354

*****AUTOMATED-DIGIT 275



The Home Front

Energy system improvements

Getting down to size

Saving beach birds

Prepare your house for summer—see page 23



"...classic! The [Stauer] tanzanite are a beautiful shade of violet blue...full of color!"

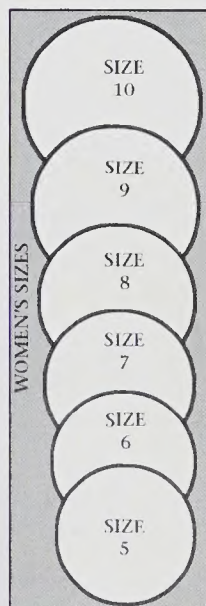
— PRAISE FOR STAUER TANZANITE FROM C. OF MISSOURI

Endangered Gem Disappearing

Tanzanite is found in only one remote spot on Earth, and it's 1,000 times rarer than diamonds. Experts say the mines will soon run dry forever, but today you can own more than 1 carat and receive **\$300 in gift coupons!***

Time is running out. Geological experts predict the world's supply of tantalizing tanzanite will disappear in a matter of just a few years. Maybe sooner. High-end retailers are raising prices on this rare stone. And gem dealers are in a mad scramble to secure their claim before it's too late. Let them scramble.

Our buyer recently secured a huge cache of beautiful rare tanzanite, the precious stone loved for its vivid violet-blue color. Today you can own over 1 carat of this rare stone (1,000 times rarer than diamonds) in our spectacular *Tanzanite Cluster Ring* with a suggested retail of \$795 for only \$99. If you want to learn how to get this magnificent ring with \$300 in gift coupons*... read on.



USING THE RING SIZE CHART
Place one of her rings on top of one of the circle diagrams. Her ring size is the circle that matches the inside diameter of the ring diagram. If her ring falls between sizes, order the next larger size.

Order the exclusive *Tanzanite Cluster Ring* (1 1/5 ctw) for \$99 and we'll give you **\$300 in Stauer Gift Coupons***. That's right. You pay \$99 and you get the Tanzanite Ring AND \$25 to use every month for a year toward your future Stauer purchases.

It started with a lightning bolt. One strike set the African plains on fire and uncovered a secret that was buried for more than 585 million years. Tanzanite naturally occurs in only one place on Earth: Tanzania's remote Merelani Hills, in the shadow of Mount Kilimanjaro.

World's most endangered gem. Top-quality tanzanites can often fetch higher prices than diamonds. But, once the last purple gem is pulled from that remote spot beneath Kilimanjaro, that's it. No more tanzanite.

Reserve your piece of gem history. If you go online right now, you'll find one of the largest

retailers selling tanzanite rings for well over \$2,000 each. Ridiculous. Instead, you can secure your own piece of limited-edition tanzanite history at the right price.

We're paying you to shop Stauer. Our offers are so consumer friendly that we have earned an A+ Rating with the Better Business Bureau. Now, we're going to give you 300 reasons to come back to Stauer. Receive **\$300 in Stauer Gift Coupons** per order **FREE**—\$25 to use every month for 12 months, with **NO MINIMUM PURCHASE REQUIRED... ever**. But, why this unbelievable offer? It's simple. We want you to come back to Stauer for all of your jewelry and watch purchases. If you are not 100% delighted with your ring, send it back within 30 days for a full refund of the purchase price. Just remember that the odds of finding this stone at this price ever again is like waiting for lightning to strike the same place twice.

JEWELRY SPECS: - 1 1/5 ctw tanzanite - Ring sizes 5–10
- Rhodium-layered .925 sterling silver setting

Tanzanite Cluster Ring (1 1/5 ctw)—~~\$795~~ \$99 + S&P PLUS

***Receive \$300 in Stauer Gift Coupons per order FREE—\$25 to use every month for 12 months, with NO MINIMUM PURCHASE REQUIRED.**

Call now to take advantage of this limited offer.

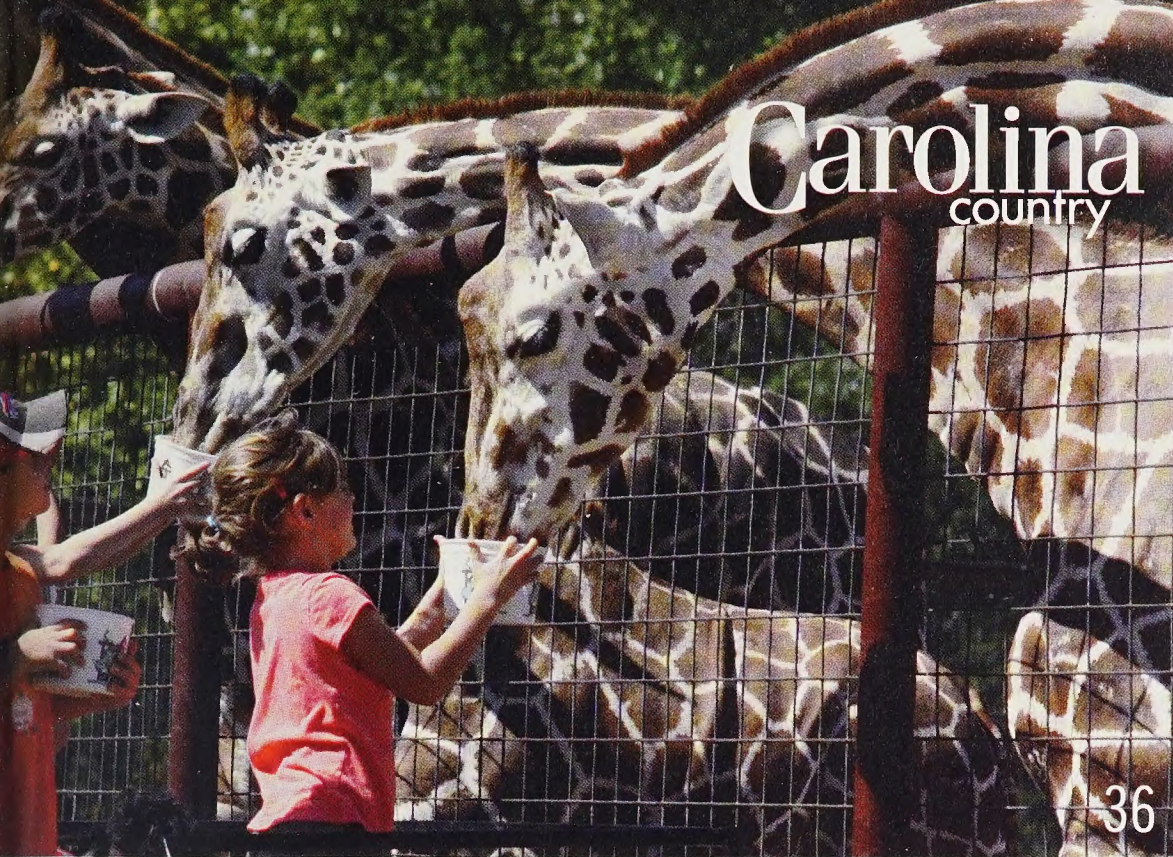
1-888-870-7339

Promotional Code CTR283-03
Please mention this code when you call.

BBB ACCREDITED BUSINESS Stauer has a **Better Business Bureau Rating of A+**

Stauer® 14101 Southcross Drive W., Dept. CTR283-03
Burnsville, Minnesota 55337
www.stauer.com

Smart Luxuries—Surprising Prices



May 2011
Volume 43, No. 5

FEATURES

15 *The Dashboard Gourmet*

A blue-collar guide to eat better, eat cheaper and enjoy your lunch.

16 *Red, Ripe & Ready*

Pick and prepare the perfect North Carolina strawberries.

18 *The Home Front*

Now's a good time to do energy-related home improvements that earn you tax credits.

20 *The Pared-Down House*

It's not so big.

26 *Saving Stranded Shorebirds*

A Brunswick County shelter takes in birds who get into trouble and can't get out.

28 *Feed Sack Clothes*

And other things you remember.

ON THE COVER

It's not easy, but insulating your crawlspace can improve the comfort of your house and save energy dollars. For more information, visit www.togetherwesave.com.




FAVORITES

- 4 **First Person**
The importance of rural America.
- 8 **More Power to You**
Nuclear energy plant safety.
- 30 **Where Is This?**
Somewhere in Carolina country.
- 31 **Energy Cents**
Surprising ways to ventilate.
- 32 **Marketplace**
A showcase of goods and services.
- 33 **Carolina Garden**
What to do this month.
- 34 **Joyner's Corner**
Simplifid spellin.
- 36 **Carolina Compass**
Adventures in Mooresville.
- 40 **On the House**
Tips on replacing your AC system.
- 41 **Classified Ads**
- 42 **Carolina Kitchen**
Twinkie Cake, Smothered Chicken Breasts, Strawberry Tart, Fluffy Strawberry Meringue Pie.

Read monthly in more than 650,000 homes



Published monthly by North Carolina
Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative 

3400 Sumner Blvd.

Raleigh, NC 27616

www.carolinacountry.com

Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



Member, Audit Bureau of Circulations

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.



Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

POSTMASTER: Send address changes Form 3579 to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.



Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

The importance of rural America



By Thomas J. Vilsak
U.S. Secretary of Agriculture

The following is excerpted from an address delivered to the annual meeting of the National Rural Electric Cooperative Association held in March in Orlando.

To build a strong future for this nation, we must make sure that folks understand and appreciate the importance of rural America. Why is it so important for the rest of the country to appreciate rural America? Well, if the source of your food isn't enough; the water that you drink isn't enough; the location of most of the forested areas that help clean your air isn't enough. If it isn't enough that the opportunity to expand renewable energy in our rural areas—to allow *our* economy to grow instead of countries who don't agree with us and don't like us. If it isn't enough that one out of 12 jobs created are a result of what's happening in agriculture. If it isn't enough that rural America has a trade surplus—no other aspect of our economy has a trade surplus. If it's not enough that our farmers produce so much that we're also able to provide food assistance to people in need around the world, showing the compassionate side to our country.

If all that isn't enough, how about the fact that rural America represents 16 percent of our nation's population, but 44 percent of the people who serve us in the military come from our small towns, farms and ranches?


How about the fact that a substantial percentage of those young men and women who are over in Iraq and Afghanistan and putting their lives on the line are from rural America? How about the fact that in every war we have ever fought in this country, beginning with the Revolutionary War, the farmers and ranchers and the sons and daughters of farmers and ranchers went to defend this country and made this country what it is?

Some will say there's a reason why young people from rural America go into the military, that it's an opportunity

for them that might not be available in their small town. I think it's more than that. It is represented by the great people in this hall today.

I know that as your children and grandchildren were growing up, you not only introduced them to hard work, you also explained to them something very, very important about the land that you love. You taught your children and grandchildren that whether it's a farm or a ranch or a forested area, you can't keep taking from the land. You periodically have to replenish. You have to re-nourish the land. And, when you do, the land rewards you with great bounty. It's the reason why we've become the most productive agricultural force in the history of mankind, because you understand that very basic law of nature. You can't keep taking; you've got to give something back.

If you teach that to your kids, they will realize they can't keep taking from their country, that they have a responsibility and a duty to give something back to it so that it can continue to provide the fruits of liberty and freedom that we enjoy. That's why the kid over in Afghanistan today is working not just to provide security, but working in agriculture development teams and provisional reconstruction teams to teach Afghan farmers how to become more productive with their farming operations so that they don't have to grow poppy. They can grow pomegranates, they can make a decent living the right way, the legal way. That's why we have young men and women over there putting their lives at risk.

The key to the survival of this country is in your hands. You have the ability to grow a prosperous rural America that provides young people an opportunity to raise their families and continue that value system that has been so vital to this country's future. These values are vital to the capacity of this country to do enormous things, to do things that have been historic, to do things that no other country has ever been able to do. 

We need real scientific assessments of energy alternatives

As a physicist with energy expertise, I believe we have serious energy and environmental issues that should be addressed by using real science. Science is a process, rooted in the Scientific Method. A layperson's translation is that a proposal is subjected to a comprehensive, objective, independent, transparent and empirical-based assessment.

Surprisingly, neither offshore nor onshore wind energy has been burdened by such an evaluation. Instead it has been incessantly promoted by lobbyists.

For instance, almost all of the favorable articles on wind energy are based on computer models, not real world data. Since there are some 100,000 turbines in operation worldwide, why don't these studies use actual data? Are citizens being unreasonable to ask for genuine scientific proof that something really works?

The UNC "Coastal Wind Energy for North Carolina's Future" document asserts that wind energy will significantly lower carbon dioxide emissions, but there is no scientific assessment of this critical matter and no empirical evidence presented to demonstrate that wind energy systems reduce a consequential amount of CO₂. We are asked to take their word for it.

There are options, however, that can create more jobs, provide more local economic benefits and are more sustainable than wind energy. These alternatives can also lower electricity costs to ratepayers and reduce CO₂ emissions. One example is geothermal energy, power plants using energy derived from the earth's interior heat. A 2007 MIT study ("The Future of Geothermal Energy") concluded that a geothermal facility can be located almost anywhere and would provide reliable, cost-competitive electricity round-the-clock, with no CO₂ emissions.

To be a leader in solving these critical issues, North Carolina should insist on real science prior to endorsing any environmental or energy solutions. For a more detailed scientific assessment of this situation see EnergyPresentation.Info.

*John Droz Jr., Morehead City
Carteret-Craven Electric*

The hidden costs of energy production

The chart published in your March 2011 issue comparing the costs to build new power plants fails to account for the hidden costs of energy production to human health and the environment. Examples of these unmentioned effects are air pollution from fossil fuel burning, water pollution from coal plant sludge spills, deaths from coal mining disasters, wars required to ensure access to foreign oil, the continuing uncertainties of safety of nuclear reactors and spent fuel storage, and the overwhelming scientific consensus that fossil fuel burning is seriously affecting the planet's climate. These effects are real, pernicious and increasing.

When one considers the total real costs of most of our traditional energy sources, alternatives such as wind and solar begin to look more promising. And what about conservation? Robert Koger's essay on the European

energy perspective in the same issue of Carolina Country noted "Europeans are prudent about energy use because they have to be." Why is it that Americans don't have to be prudent? Fiscal conservatives in this country advise us not to spend more money than we have. I take this to the next step and advocate that we not extract from, pollute and destroy more planet than we have.

John Cotterman, Hillsborough, Piedmont EMC

Contact us

Website: www.carolinacountry.com

E-mail: editor@carolinacountry.com

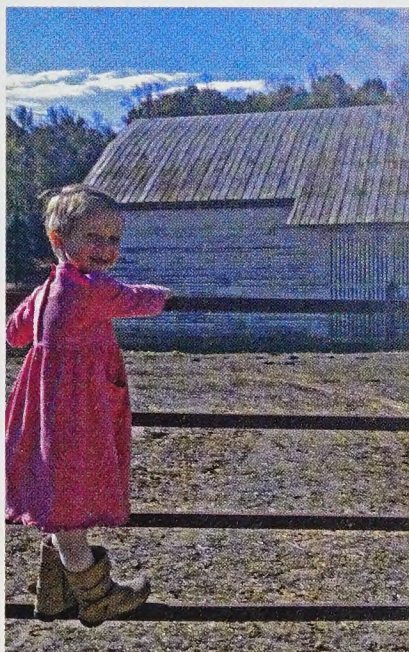
Phone: (919) 875-3062

Fax: (919) 878-3970

Mail: 3400 Sumner Blvd.
Raleigh, NC 27616



Find us on facebook at
www.carolinacountry.com/facebook



◀ Gracie on the farm

This is my 4-year-old daughter at my grandmother "Mema's" place in East Bend, Yadkin County. Gracie had climbed the fence going into the pasture to try to call in the cows and horses. All the family was there that day killing pigs, making sausage. The scene made me think of Carolina Country.

Tammy Whitaker

A lunch date ▶

Our son Nolan Paul Beaver helps the big gray rooster eat seed at his grandma Vertie's in Casar.


*Mandy & Dennis
Beaver, Casar,
Rutherford EMC*





FEELS BETTER AROUND THE HOUSE SINCE I SET OUR THERMOSTAT TO CHEAP.

We're gone most of the day. Didn't make sense to keep an empty house comfortable. But now when we get home, it's ready. I'm saving \$280 a year just by programming a thermostat. What can you do? Find out how the little changes add up at TogetherWeSave.com.

North Carolina's
Electric Cooperatives
Your Touchstone Energy® Cooperatives 

TOGETHERWESAVE.COM



"I love having this pendant
around my neck... wonderful...
This is a STEAL!"
— C. FROM COLORADO



"...an incredible product.
Get one IMMEDIATELY."
— W. FROM NEBRASKA



"WOW! It is an eye-catcher!"
— A. FROM FLORIDA



"Probably one of the nicest
pieces of jewelry I own.
Well done, Stauer."
— C.B. FROM MAINE




DiamondAura®

If You Love Someone, Send Them **FREE**

Exclusive **FREE** Jewelry Offer - This DiamondAura® True Heart Pendant is our gift to you.

Your first question is "Why?" Why would any company give away sterling silver jewelry for FREE? It doesn't make sense. It sounds like a trick. There has to be a catch. Nobody else does this, right?

Exactly. Nobody else does this. That's the point. Stauer isn't like anybody else and we can prove it. Call today and we'll send you this stunning 4 1/2 carat DiamondAura® True Heart Pendant in gleaming .925 sterling silver, absolutely FREE. You pay only \$24.95 for shipping & processing, our normal fee for a \$195 pendant... and we'll even **pay you back with a \$25 Gift Coupon that will arrive with your pendant!**

A spectacular symbol of love. Nothing is more important than making a great first impression. That's why we chose the lab-created DiamondAura True Heart Pendant. One of jewelry's most distinctive cuts, the heart shape absolutely explodes with brilliant light.

Our designers set the 4 1/2 carat, white DiamondAura centerpiece atop a unique "cage" setting of rhodium-plated, .925 sterling silver and surrounded it with a halo of 22 round-cut DiamondAura dazzlers. It's easy to see why our clients are raving. You won't find a clearer expression of true love!

What is DiamondAura? Gemologists have broken the code to create an impeccable lab-created stone with even more fire and better clarity than mined diamonds. In the laboratory, they found a way to match the brilliance of a diamond while avoiding the outrageous price. The complex laboratory process involves rare minerals heated to an incredibly high temperature of nearly 5,000 F inside some very modern and expensive equipment. Best of all, the science behind DiamondAura lets you indulge in large-carat luxury free from environmental (or political) concerns!

Our exclusive lab-created DiamondAura is hard enough to cut glass and retains every jeweler's specification including color, cut, clarity and carat weight. According to the book *Jewelry and Gems - The Buying Guide* the technique used in DiamondAura offers, "The best diamond simulation to date, and even some jewelers have mistaken these stones for mined diamonds."

Now back to your first question. This offer sounds too good to be true, but we made it "too good" for a reason. Once you get a look at the selection, stories and stunning offers available from Stauer, we bet you'll be back. Our idea of luxury is hard to resist. True luxury doesn't have to

cost a fortune. We don't spend big money on billboards, celebrity photo shoots or retail stores. We'd rather spend it on you.

Order today and get "Better Than FREE" Shipping. If I had my way, we'd ship the True Heart Pendant to you at no charge. Unfortunately, the rising cost of gas and freight makes that impossible. But what I can do is send you a bonus to make up the difference. That's right, order today and I'll include a **\$25 Stauer Gift Coupon** with your FREE Pendant.

DiamondAura® True Heart Pendant (4 1/2 ctw) ~~\$195.00~~

Your Cost—FREE — pay shipping & processing only.

Call now to take advantage of this extremely limited offer.

1-888-201-7050

Promotional Code DHP132-01
Please mention this code when you call.



ACCREDITED
BUSINESS

Stauer has a Better Business Bureau
Rating of A+

Stauer®

14101 Southcross Drive W.,
Dept. DHP132-01
Burnsville, Minnesota 55337
www.stauer.com

Smart Luxuries—Surprising Prices

Equipment operators should look up for overhead power lines

Thousands of accidents happen every year when large equipment touches overhead power lines. People on the vehicles and even those on the ground who touch or approach energized equipment can also be killed.

More than 400 electrical fatalities occur every year, and electrocutions on farms are the fourth highest of any job classification, according to the National Institute of Occupational Health and Safety (NIOSH). Most of the electrical deaths investigated in a NIOSH survey could have been prevented.

People should keep at least 10 feet away from overhead power lines when operating large equipment. New standards for some construction equipment require a 20-foot clearance. You can use a spotter, someone with a broader view, when working with extensions or tall loads around power lines. Note the location of overhead lines and make sure all farm workers know to stay clear of them—as well as what to do if equipment does become entangled with a line.

The best action is to stay on the equipment and warn others to stay away until the local electric utility arrives to



ensure the line is de-energized. In the event of fire, an operator should jump clear from the equipment, without touching the equipment and ground at the same time. Land with feet together, and hop away to avoid deadly current flow.

Visit www.SafeElectricity.org to learn more about electrical safety. Safe Electricity is the safety outreach program of the Energy Education Council, a non-profit organization with more than 400 electric cooperative members and many others who share the mission of educating the public about electrical safety and energy efficiency.

About heat pump defrost cycles

I am a longtime member of the Rutherford Electric Membership Corporation (over 31 years), and my wife and I enjoy the monthly articles in *Carolina Country* and look forward to reading it each time.

We had a new 14 SEER heat pump installed in our home last summer, as our old heat pump broke. Both the old and new systems are “Spec. 7 systems” with the fan and evaporator coil located in our unfinished basement, and the condenser located outside. Unlike our old unit, which would usually go into the defrost mode (outside) only when the outside temperature was near freezing, our new unit not only defrosts more frequently, but even does sometimes when the outside temperature is about 60 degrees.

The old 11 SEER unit contained the old type of Freon, whereas the new unit has the new Freon (R-410). Could this be causing the frequent defrosting on the new unit? Our power bill seems some higher with the new unit.

Michael Greene, Belmont

Carolina Energies replies: There are several factors that determine when and how often a heat pump will defrost. Most older heat pumps and many new heat pump manufacturers use a time and temperature defrost system: a solid-state control with a timer and a thermostat to measure the temperature of the outdoor coil. Most of these timers are adjustable to 30, 60 or 90 minutes. After the preset time has lapsed on the timer, the solid-state

control will initiate a defrost if the coil temperature has dropped low enough to close the switch in coil thermostat. This is a tried and true design and produces very consistent defrost, especially in cold and freezing conditions.

Many of the newer, high-efficiency heat pumps use some variation of what is called a demand defrost system: a solid-state control along with two thermistors that change resistance with change in temperature. These thermistors keep track of not only the temperature of the outdoor coil, but also the temperature of the outdoor air going across the coil. If predetermined conditions (depending on the manufacturer) are met, the control could initiate a defrost. With that said, under the right conditions a warm weather defrost is possible on a heat pump that is working properly.

A defrost in warm weather would not be uncommon and should not raise energy bills. However, problems in the refrigeration system—whether it be low charge, restrictions or mechanical failures as well as electronic failures—could affect if and how often a unit defrosts itself.

There are a lot of reasons energy bills could be higher with this new equipment. I would strongly suggest your equipment be checked by a qualified technician for proper operation. Carolina Energies will be glad to perform this service.

Derek Barrett, Carolina Energies, Shelby
A subsidiary of Rutherford EMC

U.S. nuclear energy plants get a new safety check after the earthquake crisis in Japan

As information reached the U.S. March 11 about the effects the 9.0 earthquake had on Japan's Fukushima Daiichi nuclear power plant, the U.S. nuclear energy industry poised itself to help the Japanese and to reexamine the safety of U.S. plants.

Less than a week after the disaster in northeastern Japan, President Barack Obama said in a public statement, "Our nuclear plants have undergone exhaustive study and have been declared safe for any number of contingencies. But when we have an event such as we have in Japan, we should learn from that."

The president asked the Nuclear Regulatory Commission to conduct a full review of American nuclear safety.

The Nuclear Energy Institute, which represents the industry, reported that all U.S. nuclear power plants began taking the following actions at each of their sites:

1. Verify each plant's capability to mitigate conditions that result from severe adverse events, including the loss of significant operational and safety systems due to natural events, fires, aircraft impact and explosions.
2. Verify that the capability to mitigate a total loss of electric power to a nuclear power plant is proper and functional.
3. Verify the capability to mitigate flooding and the impact of floods on systems inside and outside the plant.
4. Perform walk-downs and inspection of important equipment needed to successfully respond to fire and flood events.

Nuclear plants generate electricity for about 20 percent of all homes and businesses in the U.S. The plants often are cited for efficiency, safety and for not emitting any carbon dioxide that may exacerbate climate change.

About half of the electricity distributed by North Carolina's electric cooperatives



North Carolina's electric cooperatives are a part-owner of Unit 1 at Catawba Nuclear Station in York County, S.C. Long cited for its safety and efficiency, the plant routinely performs safety evaluations including its ability to respond to accidents, attacks and security breaches. It was built with a margin of safety beyond the strongest known earthquake in the region which struck Charleston, S.C. in 1886. Unit 1 in 2003 was relicensed to operate through 2043.

comes from a nuclear source. North Carolina Electric Membership Corp., a power supply cooperative owned by most of the state's cooperatives, owns 61.51 percent of Catawba Unit 1 in York County, S.C., just south of the state line not far from Charlotte. In 2003, that unit was re-licensed to operate until December 2043. The license renewal process considers safety and environmental reasons in granting additional years of operations.

After the crisis in Japan, Duke Energy, operator of the facility, reported that in addition to the containment vessel, the two generating units at Catawba depend on millions of pounds of ice to contain radioactive steam. The ice-condenser containments are 3 feet thick, and steel 8 inches thick encases the reactors.

The plants also employ hydrogen igniters to burn off hydrogen, if necessary, before it reaches explosive levels. Catawba

has backup power for the igniters.

Duke's chief nuclear officer, Dhiaa Jamil, said the containment vessel at Catawba is "a very rugged structure that meets all the requirements of the NRC."

Generating electricity since 1985, Catawba Nuclear was built with a margin of safety beyond the strongest quake expected in its area, Charleston's magnitude 7.6 earthquake in 1886, Duke Energy says. The facility routinely performs safety evaluations, including their ability to respond to accidents, attacks and security breaches.

Like all U.S. nuclear power plants, Catawba stores spent fuel in contained, protected facilities on-site. Because the government's plans for establishing a waste storage facility in Nevada have been cancelled, it is expected that Catawba's spent fuel will remain on site for the foreseeable future.

Co-op leaders are urged to set aside political differences in order to “take care of business”

North Carolina delegates in March were among 8,000 who set policies and conducted other business for the nation’s electric co-ops at the co-ops’ annual meeting in Orlando.

Urging cooperative leaders to set aside personal political differences to “focus on the needs of our membership” and “take care of business,” Glenn English, CEO of the National Rural Electric Cooperative Assn. (NRECA), set a tone for the meeting. Political polarization among cooperatives, he said, will result in “little chance that problems are going to get solved.”

U.S. Secretary of Agriculture Tom Vilsack, former governor of Iowa, sounded a call for recognizing the significant contributions rural Americans make to the nation’s society as whole (see page 4). He pledged the Obama Administration’s support for programs that will help electric cooperatives invest in system improvements, clean energy and economic development in their communities.

North Carolina representatives sat on some of the 12 committees assigned to do business at the meeting. They included David Beam of N.C. Electric Membership Corporation, Cooperative Research Council; Frederick A. Tedder, Brunswick EMC, Community and Economic Development; Allen Speller, Roanoke Electric Cooperative, Member and Public Relations; and Mitchell L. Keel, Four County EMC, Power and Water Resources.

Allied national cooperatives—including financing, telecommunications, branding, information technology, and insurance co-ops—conducted open annual meetings as well. The National Rural Utilities Cooperative Finance Corporation elected Delbert Cranford of Randolph EMC its vice president.



Nelle Hotchkiss, senior vice president with the N.C. Association of Electric Cooperatives, won the William F. Matson Democracy award for “advancing the goals of cooperative electric utilities through dedicated political participation.”



Marisa Linton, representing Tri-County EMC, was North Carolina’s elected member of the Youth Leadership Council. She helped at the Congressional Action Center.



Tony Herrin, CEO of Union Power Cooperative, gave a presentation on the co-op’s model safety program.



Michael Gery, editor of Carolina Country, won the George W. Haggard Memorial Journalism Award for the magazine’s “strong, effective voice of advocacy for the co-op consumer on local, state and national issues.”



Jane Pritchard, corporate communications director for the North Carolina Electric Membership Corporation, received the National Distinguished Service Award from Touchstone Energy, the cooperatives’ national branding program.



Curtis Wynn (at right), CEO of Roanoke Electric Cooperative, represented North Carolina on the NRECA board of directors.

MAGNETIC KNEE THERAPY

Helps Relieve Stiffness & Fatigue

RECEIVE A
**FREE
SURPRISE
GIFT**
WITH EVERY ORDER



ONLY \$9.97 **FREE SHIPPING**

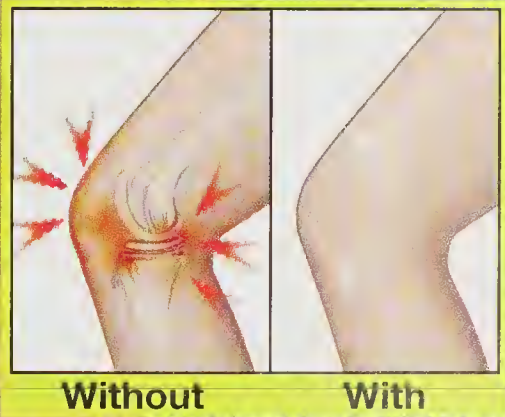
- Relieve Pain
- Reduce Swelling
- Improve Circulation

**With
32
Internal
Magnets**



**S-T-R-E-T-C-H-A-B-L-E
For A Perfect Fit!**

Dept. 64245 © 2011 Dream Products, Inc.



www.DreamProductsCatalog.com (website offers may vary) **OR ORDER NOW TOLL-FREE 1-800-530-2689**

MIRACLE SUPPORT FOR YOUR KNEES
Magnetic therapy has been used by the Chinese for centuries to help improve circulation, reduce swelling & relieve pain. Our miracle imported knee support is crafted with layers of washable cotton/spandex for warmth and internal magnets that help provide relief from stiffness and fatigue in joints and muscles. 9"L x 5 1/4"W. Hurry, order today and get **FREE shipping!** and surprise gift.
Satisfaction Guaranteed or Return For Your Money Back

MAGNETIC KNEE THERAPY		
#89755		
_____ Knee Support(s) @ \$9.97	\$	
CA residents must add 8.25% sales tax	\$	
Regular Shipping \$3.95	\$ FREE	
Add \$1.00 Handling	\$ 1.00	
<input checked="" type="checkbox"/> FOR EXPEDITED SHIPPING (optional) Add An Additional \$2.95 (receive your order 5-7 days from shipment)	\$ 2.95	
Please Print Clearly		
TOTAL	\$	

☐ VISA ☐ MasterCard ☐ Discover®/NOVUS® Cards Dept. 64245
 Card# _____ Expiration Date ____/____/____
 Name _____
 Address _____
 City _____ ST _____ Zip _____
 Daytime Phone # _____
 Email Address _____
 Check or money order payable to: **Dream Products, Inc.**
 Send Order To: 412 Dream Lane, Van Nuys, CA 91496

Try This!

Whole house fans supplement efforts to stay cool

By Brian Sloboda

For many of us, surviving hot, humid summer days means cranking up the air conditioner. However, prior to the wide-scale adoption of air conditioning, folks used open windows and fans to cool their homes. This method still works, and can cut your energy bills tremendously.

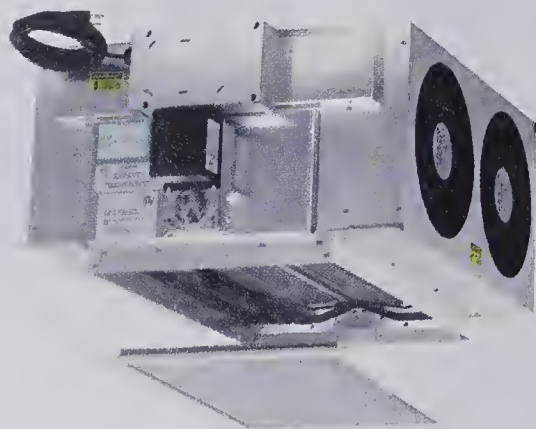
To maximize this natural form of air conditioning, you might also consider a whole-house fan—one mounted in a ceiling that pulls hot air from living spaces into an attic where it's pushed outside through soffit vents. Windows of your home remain open, and negative air pressure inside draws cooler air in.

Of course, a whole-house fan only works if outside air is cooler than air inside your home, which is why you'll want to run it at night.

Advantages

Beside pulling hot air out and creating pressure so cool air comes in, the fan also cools walls, floors, and ceilings to keep your residence more comfortable. This can delay the start up of your air-conditioning system until later in the day.

Equipment costs for a whole-house fan range from \$150 to \$350, and they cost roughly 1 cent to 5 cents per hour to operate (compared to 8 cents to 20 cents per hour for an air conditioner). You can put in a fan as a do-it-yourself project, although hiring a professional is recommended. The fan should be sized to change air in a home 30 to 60 times an hour.



Whole-house fans can reduce your energy bills by supplementing your air conditioner during hot summer months. (AirScape)

Source: AirScape



Whole-house fans mount in the attic ceiling and draw hot air from living spaces. (Whole House Fan)

Disadvantages


Whole-house fans are not perfect—there can be serious problems if they are not sized or installed properly. The biggest drawback involves creating a backdraft that draws natural gas- or oil-fired water heater, furnace, or other combustible exhaust fumes throughout a home. This generally occurs if not enough windows are left open.

Fans can also be noisy, so consider installing a larger model but running it on a slower speed. A two-speed fan can operate at high speed when first turned on to quickly cool the home. Once the home is comfortable, reduce the speed so it will run more quietly.

To prevent heat loss, fan seals must be tight. During winter, warm air can leak through fan louvers, around the gasket, and into the attic—wasted heat that equals wasted dollars. Place covers over fans in winter to keep air from leaking out.

Whole-house fans are not recommended for anyone with severe allergies or breathing problems because windows must remain open for the fans to work properly.

Designed to supplement

And remember: a whole-house fan isn't meant to function as an air conditioner. Instead, it's designed to supplement your air conditioner, making your house more comfortable and saving money on your electric bill. 

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.

Can you help others save energy?

Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

SALE STARTS TODAY!

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 350 STORES NATIONWIDE and use this 20% OFF Coupon on one of our 7,000 products*, plus pick up a FREE 9 LED Aluminum Flashlight, a \$7.99 VALUE, with any purchase. We stock Automotive products, Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Material Handling, Woodworking Tools, Welders, Tool Boxes, Outdoor Equipment, Generators, and much more.

NOBODY BEATS OUR QUALITY, SERVICE AND PRICE!

✓ Over 5 MILLION NEW CUSTOMERS in the Last 2 Years!

✓ NO HASSLE RETURN POLICY

✓ Family Owned & Operated

✓ We Will Beat Any Competitor's Price Within 1 Year of Purchase!

LIFETIME WARRANTY

ON ALL HAND TOOLS!

Get More Coupons at HarborFreight.com

SUPER COUPON!

FREE!
WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT
ITEM 65020

REG. PRICE \$7.99

HARBOR FREIGHT TOOLS - LIMIT 1 Free item only available with qualifying minimum purchase (excluding price of free gift). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Shipping & Handling charges may apply if free item not picked up in-store. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the offer. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

20% OFF
ANY SINGLE ITEM!

HARBOR FREIGHT TOOLS - LIMIT 1 Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. *Cannot be used with any other discount or coupon. Coupon not valid on any of the following: gift cards, Inside Track Club membership, extended service plans, Compressors, Generators, Tool Cabinets, Welders, Floor Jacks, Campbell Hausfeld products, open box items, Parking Lot Sale items, Blowout Sale items, Day After Thanksgiving Sale items, Tent Sale items, 800 number orders or online orders. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store in order to receive the offer. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

NEW!

9000 LB. ELECTRIC WINCH WITH AUTOMATIC BRAKE
LOT NO. 68143

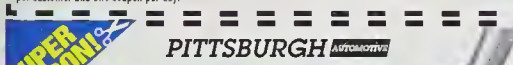
SAVE \$150

5.5 HORSEPOWER

\$349.99

REG. PRICE \$499.99

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

CENTRAL PNEUMATIC 3 GALLON 100 PSI OILLESS PANCAKE AIR COMPRESSOR
LOT NO. 95275

SAVE 46%

\$39.99

REG. PRICE \$74.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

CHICAGO WELDING 90 AMP FLUX WIRE WELDER
LOT NO. 98871

SAVE \$60

\$89.99

REG. PRICE \$149.99

NO GAS REQUIRED!

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

PITTSBURGH AUTOMOTIVE RAPID PUMP® 1.5 TON ALUMINUM RACING JACK
LOT NO. 68053

NEW!

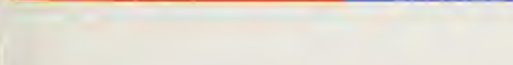
3-1/2 PUMPS LIFTS MOST VEHICLES!

SAVE \$50

\$69.99

REG. PRICE \$119.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

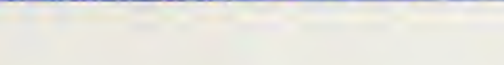
CHICAGO POWER ELECTRIC SYSTEMS 10/2/55 AMP, 6/12 VOLT BATTERY CHARGER/ENGINE STARTER
LOT NO. 66783

SAVE 62%

\$25.99

REG. PRICE \$69.99

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

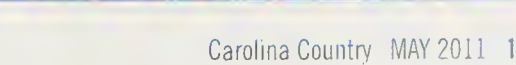
CHICAGO ELECTRIC POWER TOOLS ELECTRIC CHAIN SAW SHARPENER
LOT NO. 93213

SAVE 40%

\$29.99

REG. PRICE \$49.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

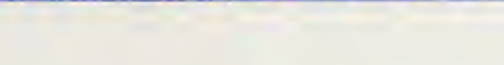
CENTRAL PNEUMATIC 3" HIGH SPEED CUT-OFF TOOL
Item 47077 shown
LOT NO. 47077/67425

SAVE 65%

\$6.99

REG. PRICE \$19.99

HARBOR FREIGHT TOOLS - LIMIT 6 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



SUPER COUPON!

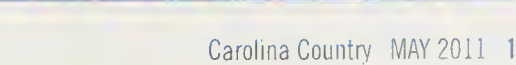
HAUL-MASTER 12 VOLT MAGNETIC TOWING LIGHT KIT
Item 96933 shown
LOT NO. 96933/67455

SAVE 66%

\$9.99

REG. PRICE \$29.99

HARBOR FREIGHT TOOLS - LIMIT 9 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/29/11. Limit one coupon per customer and one coupon per day.



3 EASY WAYS TO SHOP!

1. VISIT!
350 Stores Nationwide

2. GO TO!
www.HarborFreight.com

3. CALL!
1-800-423-2567

Meet The Newly Designed Quest

**PAYMENTS
START AS LOW
AS
\$62.00
per month ***



eXmark®

*The original premium
residential rider.*

**Starting at
\$3,199**

It is a precisely engineered, zero turn rider, crafted to satisfy the lawn enthusiast's need for perfection. It has a 22-24HP Kawasaki engine and is available in a 42" and 50" cutting width. A three-year consumer warranty is included.

For more information or a FREE DEMO visit our dealer locator at:

www.exmark.com/blalock/magazine

Or Call: **800-955-4655 Ext. 112**

* wac. price may vary depending on local and state sales tax

CUSTOM HOMES ON YOUR LOT • OUR PLAN OR YOURS

Build it the MADISON Way

- > ***No costly construction loan required.***
- > ***We pay standard closing costs.***
- > ***No down payment required.***
- > ***Free site evaluation.***
- > ***Stick-built homes starting at \$66/sq ft.***



Madison Homebuilders

Charlotte, Conover & Columbia



**Up To \$5,000
In Free Options or
Free Granite Kitchen
Countertops**

FOR A FREE BROCHURE WITH FLOOR PLANS, CALL US OR VISIT OUR WEBSITE

Charlotte, NC

1-800-957-9304

Conover, NC

1-866-847-6815

Columbia, SC

1-888-745-1011

www.madisonhomebuilders.net



Line crew lunch from *The Dashboard Gourmet*

Paul Montague's blue collar guide to eat better, eat cheaper and enjoy your lunch

"You look at your watch: lunch time. You go through the routine: pack up your tools, secure the work area, wash up and hop in the truck. Today, you're just a couple of miles from the local choke-and-puke, so it doesn't take long for you to find yourself in a long, lunch-time line staring up at the never-changing menu wondering if you really want a burger for the fourth day in a row."

So Paul Montague, a member of Wake Electric who worked 35 years on an AT&T line crew in North Carolina, put together a book to guide the working man and woman who go looking for lunch while out on a job during the day. The book, he says, will help working people "eat better, eat cheaper and have a little extra time to relax during your mid-day break no matter where you may find yourself working."

One trick is to pack your own lunch. He even tells you how to pack it and how to heat it up (on the truck dashboard on a sunny day). "Having your lunch with you generally gives you more time to eat, too, since you're not wasting the 30 minutes it takes to go back and forth to a restaurant. Taking the time to eat more slowly aids in digestion and generally makes you feel better, too, as you go through your afternoon duties."

He lists these "10 Essentials" to carry.

- Small cooler (not the soft-sided kind)
- Can opener
- Plastic "sporks" and knives
- Water bottle or 20-ounce bottled water
- Condiments (salt, pepper, mustard, mayo, etc.)
- Toothpicks
- 3 half-cup plastic containers with lids
- Powdered drink mix
- Re-sealable plastic bags
- Emergency rations (for weather, breakdowns, etc.)
 - ▶ 2 cans of Vienna sausage
 - ▶ 2 packs of Nabs
 - ▶ 2 granola bars

Here are some of the ideas he offers.

Sandwiches from home

Simple, but with the potential to really excite those taste buds with different combinations of breads, fillers and

Tuna Dashboard Delight

- 2 cans of tuna
- 2 packs salt
- 2 packs mayo
- 2 packs pepper
- 2 packs pickle relish
- Goya Adobo® All Purpose Seasoning

Open can and drain water/oil from tuna. Pour tuna into a plastic bowl or mix right in the cans. Mix in 1 pack of mayo and 1 pack of pickle relish per can. Add salt and pepper and Goya Adobo® seasoning to taste. Serve cold with wheat or saltine crackers.

condiments. You can go as simple as the old reliable PBJ or as exotic as corned beef on pumpernickel. Want some extra help coming up with sandwich ideas? Check out www.alanskitchen.com and go to the "Delicious Sandwich Recipes" tab. Just be careful: You may find yourself having some of these great ideas for breakfast and supper, too!

Canned goodies

Nothing fancy here. We're talking about your usual tin fare such as Viennas, sardines, potted meat. Or go fancy: the Underwood Deviled Ham and Underwood Chicken Spreads are fantastic sources of calories and taste pretty awesome, too! Scoop the spread out on some wheat or cheese crackers and you can get from 300 to 500 calories into your body in a hurry. Salad toppings in that can of Deviled Ham makes for a different taste treat, too.

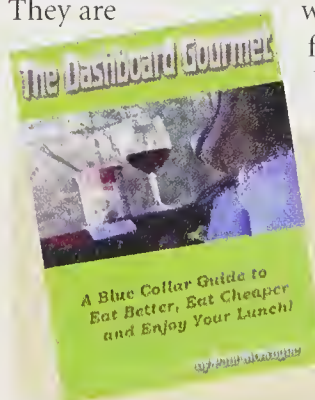
Fruit

Not a big calorie provider, but a refreshing addition on a hot day. Toss a couple of fruit cups or a whole orange or tangerine into your cooler first thing in the morning of one of those scorching work days and you won't believe how they will pick you up at lunch time. You can't go wrong with an apple or a banana either, no matter the temperature. They're good for you!

Food bars

It doesn't get any easier than this! Sometimes it's just too hot to eat. You've got no appetite, but you know you need something in your belly. The flavor combinations and the overall taste of the various cereal and granola bars available today have really improved, as have the nutrition levels. Unwrap and eat. Even us guys can follow that recipe!

A little more expensive, but loaded with calories and nutrients would be the energy bars. Many of these leave a lot to be desired in the taste department, but they're getting better. They are worth trying out, though: you can get from 150 to 475 calories from each bar, depending on the product. 🍌



For more, get "The Dashboard Gourmet" by Paul Montague, 28 pages of advice, smart tips and recipes. Buy it as an e-book for \$4.99. Search for The Dashboard Gourmet online at www.smashwords.com

Ripe, Red & Ready

Fresh North Carolina strawberries make a delicious, sweet treat



Strawberry Delight

A Beal family favorite

- 1 stick plus 1 tablespoon margarine
- 1 cup self-rising flour
- 1 cup chopped pecans
- 1½ cups sugar
- 5 tablespoons corn starch
- 4½ tablespoons strawberry gelatin (a small box is 6 tablespoons)
- 1½ cup water
- 8 ounces cream cheese, softened
- 1½ cup confectioner's sugar
- 8 ounces frozen whipped topping
- 4 cups strawberries (halved or quartered)

Preheat oven to 350 degrees. Melt 1 stick margarine in 9-by-13-inch dish. Add flour and pecans; press in bottom of dish and bake for 10–12 minutes. Let cool.

Mix cream cheese, confectioner's sugar, frozen whipped topping and spread over crust.

Pour strawberries over second layer.

Mix sugar, corn starch, gelatin, water and 1 tablespoon margarine. Cook over medium heat; bring to a boil and let cook a few minutes. Set aside to cool for a few minutes. Pour over strawberries while still warm.

Chill several hours before serving.

Strawberry season peaks in May and is valued at more than \$24 million annually, according to the North Carolina Strawberry Association (NCSA) figures. Some 200 farms in the state grow strawberries. Debby Wechsler of NCSA says, “We are No. 1 in the nation among states that primarily sell strawberries directly to consumers.”

NCSA president Michael Beal, a member of Randolph EMC, operates a direct-to-consumer farm. Kildee Farms (www.kildeefarms.com) is a fourth-generation family farm nestled between Ramseur and Siler City in Randolph County. Three acres of his property are dedicated to growing strawberries, which he first planted a decade ago.

“If you want a strawberry that tastes just like you remember as a kid, come out to the farm and pick them,” Beal says. Most farms also offer ready-picked fruit as well.

In addition to boosting the economy, people also boost their health when consuming North Carolina strawberries. Strawberries contain fiber, potassium, manganese and antioxidants and are naturally high in vitamin C. Just one cup of fresh strawberries contains 140 percent of the recommended daily allowance for vitamin C with no fat, cholesterol or sodium.

Picking and preparing the perfect strawberry


Ripe strawberries will be completely red, and ripe Camarosa strawberries (one of North Carolina's main strawberry varieties) turn deep red. Strawberries ripen from the stem down, so a berry with a white tip is not quite ready to pick. Berries should also be plump and firm; the size does not matter.

To pick a strawberry, pinch the stem between thumbnail and forefinger and twist. Leaving the cap on the berry until just before you use it will make them last longer. With most

of North Carolina's strawberries grown on plastic mulch, berries are clean and easy to pick.

Fresh strawberries stored in a shallow, airtight container last five to six days in the refrigerator. To freeze, wash and cap the strawberries before arranging them on a baking sheet and placing them in the freezer. Next, place the strawberries in a freezer-safe container or bag. Or, slice them, mix them with a little sugar, and freeze. Frozen strawberries can be used in place of fresh ones in many recipes.

Learn more online

To learn more about delicious North Carolina strawberries and to find strawberry farms near you, visit www.ncstrawberry.com or www.facebook.com/ncstrawberry 



PLAVIX™
U.S. Retail Price
\$565.97

75mg, 90 tablets, manufactured by Sanofi Aventis™





PLAVIX™
Canada Drugs Retail Price
\$208.80

75mg, 90 tablets, manufactured by Sanofi Aventis™

The biggest difference is the price.*

Experience 20-80% Drug Savings with the Canada Drugs price difference.
No plans. No premiums. No deductibles. Just simple savings made easy.

U.S. RETAIL PRICE	CANADA DRUGS RETAIL PRICE	U.S. RETAIL PRICE	CANADA DRUGS RETAIL PRICE
FLOMAX™ 0.4mg, 90 CAPSULES manufactured by Boehringer Ingelheim™ \$431.95	FLOMAX™ 0.4mg, 90 CAPSULES manufactured by Boehringer Ingelheim™ \$124.20	CELEBREX™ 200mg, 90 CAPSULES manufactured by Pfizer™ \$404.97	CELEBREX™ 200mg, 90 CAPSULES manufactured by Pfizer™ \$155.25
VIAGRA™ 100mg, 12 TABLETS manufactured by Pfizer™ \$223.19	VIAGRA™ 100mg, 12 TABLETS manufactured by Pfizer™ \$144.42	PREMARIN™ 0.625mg, 90 TABLETS manufactured by Wyeth Pharma™ \$162.00	PREMARIN™ 0.625mg, 90 TABLETS manufactured by Wyeth Pharma™ \$44.10
SPIRIVA™ 18mcg, 90 CAPSULES manufactured by Boehringer Ingelheim™ \$670.00	SPIRIVA™ 18mcg, 90 CAPSULES manufactured by Boehringer Ingelheim™ \$268.08	LIPITOR™ 20mg, 90 TABLETS manufactured by Pfizer™ \$435.97	LIPITOR™ 20mg, 90 TABLETS manufactured by Pfizer™ \$194.58

Prescription price comparison valid March 10, 2011 for Canadian drug price and major U.S. Retail Pharmacy price. Actual savings may vary. All trade-mark rights associated with the brand name products shown in this advertisement belong to their respective owners. *Plavix™ may differ in such things as packaging, labelling, color and form.

**SAVE
25%**
on your first order

**Call us today to SAVE 25% on your first order.
Why Pay More?**

Use this coupon code to save 25% on your first order with Canada Drugs. Valid only for 90-day prescriptions. Not valid in conjunction with any other offer. Minimum \$99 order. Expires December 31, 2011



Put energy efficiency and renewable energy tax credits to work for you

By John Bruce

The residential energy efficient property (REEP) tax credit slashes 30 percent of the cost of alternative energy-producing systems, including geothermal heating-and-cooling systems, solar energy systems and small wind turbines.

There is no lifetime cap for this home energy efficiency tax credit, and it expires in 2016. The tax credit covers equipment and professional installation.

Consumers who purchase a geothermal system for a home will get a 30 percent credit with no cap as long as the system qualifies for the high-efficiency Energy Star designation.

Energy-efficient equipment always gets the most bang for the buck when old furnaces, air conditioners or heat pumps need replacement. The tax credit makes geothermal an option worth serious consideration.

Without the tax credit or other incentive, a geothermal system for a 2,000-square-foot home typically starts around \$15,000 — well above a conventional high-efficiency heating-and-cooling system usually costing roughly \$8,000.

Geothermal savings and payback

A geothermal system can save hundreds of dollars a year in electricity. Without the tax credit, it could take 10 to 14 years to recover up-front costs — longer than homeowners usually stay in a house.

But consumers can cut the payback time in half thanks to the 30 percent tax credit. If other incentives are available, the payback time is even less.

Heating and cooling are the largest household energy expenses, typically accounting for more than half

of energy used. Geothermal systems quietly provide reduced-cost space conditioning and can be equipped to supply nearly free hot water.

As the most energy-efficient heating and cooling systems available, geothermal systems harness the renewable energy of the sun by using the earth as a heat exchanger. A geothermal system is the most efficient way to heat and cool.

Geothermal systems go by several names, including “GeoExchange,” geothermal heat pumps and ground-source heat pumps.

For geothermal information, visit geoexchange.org, write Geothermal Heat Pump Consortium, 701 Pennsylvania Avenue NW, Washington, DC 20004-2696 or call 888-255-4436.

Solar water heaters and panels

Solar water heaters, solar panels or photovoltaic systems (solar cells that capture sunshine and convert it directly into electricity) also qualify for the 30 percent tax credit.

The solar device must provide hot water or energy for a dwelling. Solar water heaters used to heat pools or hot tubs cannot qualify.

Solar water heaters are one of the most popular renewable energy technologies because of bang for the buck



and relatively simple setup. The heaters can save anywhere from \$400 to \$1,000 per year in water heating costs, which usually account for roughly 15 percent of a household's total annual energy needs.

A solar water heater supplying half or more of domestic hot water starts at roughly \$1,500 without the tax credit. Payback can be as short as five or six years. The reduction in energy bills realized over the 15-year to 20-year life of the unit means solar water heaters equal or better the long-term cost of conventional water heaters.

What's more, solar power produces no emissions. Eight tons of carbon dioxide—almost double that of a gasoline fueled car—are produced in generating enough coal-fired electricity to power the water heater for a four-person household.

Solar panels are devices that convert sunlight into electricity. The electricity is direct current (DC), not household alternating current (AC), and needs to be converted. The panels are made in various sizes and are rated by the amount of electricity they produce per hour, measured in watts.

Solar panels are usually mounted on the roof of a home and need to face the sun (south) with at least six hours of sunlight (even under fog or cloud cover) daily. Panels are wired together to increase the amount of power produced. For example, five 200-watt panels generate 1,000 watts, or one kilowatt of

maximum power.

Most systems feed into the electric grid. Grid-tie systems require an interconnection agreement with the local electric cooperative.

Solar panels supply free power, and the initial installation costs are gradually dropping. The federal tax credit, plus other incentives, helps make the solar option more appealing to consumers. On average, solar panels return two to four times their cost in saved electricity bills.

The Cooperative Research Network (CRN) says the payback period for a solar panel system can range from fewer than 10 years to more than 20 years, depending on the cost of the system, available rebates and incentives, the amount of electricity produced, and the retail price of electricity in your community. In addition, an online calculator you can use to figure the payback time can be found at www.solar-estimate.org.

Wind power for the home

Wind power may be feasible in some areas. Professionally installed home grid-tied systems typically cost up to roughly \$20,000 without the tax credit. As with solar panels, the payback period for wind power can vary widely according to installation costs and incentives. According to CRN, the payback period for a small wind system can range from several years to several decades, depending on the cost of the system and the average annual wind speed at the hub height—the



distance from the ground to the center of the turbine rotor. The average speed is often more critical to the payback period than the initial installed costs, according to some experts.

Wind turbines require an average of at least 6.5-mph wind speed to generate electricity. In North Carolina, only the coastal and some mountain areas see that much wind typically. For a wind speed map to help determine if your

area might be suitable for harvesting wind power, visit www.windpoweringamerica.gov.

Also, wind turbines usually must meet local government requirements before they are sited.

For federal tax credit application and eligibility information, visit www.energystar.gov and click on "tax credits for energy efficiency." ☕

John Bruce is a freelance writer from Columbia, S.C.

North Carolina tax credits

North Carolina offers a tax credit equal to 35 percent of the cost of eligible renewable energy property constructed, purchased or leased by a taxpayer. The credit has been extended through 2015.

The credit is subject to various ceilings depending on sector and the type of renewable energy system. The Department of Commerce lists the following credit limits for various technologies:

- A maximum of \$3,500 for non-business solar energy equipment for active space heating, combined active space and domestic water-heating systems and passive space heating.
- A maximum of \$1,400 for non-business solar water-heating systems, including solar pool-heating systems.
- A maximum of \$10,500 for renewable energy systems for non-business use.
- A maximum of \$8,400 for geothermal equipment installation.
- A maximum of \$2,500,000 for solar, wind, hydro, geothermal and biomass applications on commercial and industrial facilities, including photovoltaic, daylighting, solar water-heating and space-heating technologies.

For more information, visit the North Carolina Incentives section of the website www.dsireusa.org.

Appreciating the pared-down house

When it comes to new home construction, less can be more.

By Karen Holcomb

Smaller, smarter homes in America are part of a trend dubbed “the downsizing of the American dream.” Ever since the recession began in 2007, going smaller is smarter. The McMansion, with its soaring ceilings and atrium-style great rooms, is being replaced with more modest, energy-efficient, greener houses.

“To be honest, everyone is trying to cut down on square footage,” said Todd Palechek, AIA, an architect who designs custom residential homes and renovations. “A lot of things have driven it—the economy, No 1.

“Back in the day, everybody wanted a two-story open foyer great room as soon as you walk in... People are getting away from wasted square footage and going with more practical square footage,” Palechek said.

That means eat-in kitchens or breakfast nooks instead of formal dining rooms, the elimination of formal living rooms, and using nooks and attic spaces for additional storage or built-ins.

Statistics show that homebuyers and builders alike are embracing the smaller-is-smarter philosophy. New homes—which had gradually grown over the years to double the size of the typical 1960s residence—are shrinking. According to the U.S. Census Bureau, the average square footage of a new home decreased 51 square feet, to 2,422 square feet, from 2008 to 2009. And nearly 60 percent of residential builders said they planned to decrease the square footage of homes they constructed in 2010, according to the National Association of Homebuilders.

It’s a trend Sarah Susanka could have predicted. Susanka, a Raleigh architect, published the book “The Not So Big



Raleigh architect values quality over quantity

For Sarah Susanka, the Not So Big philosophy is more about personal values than economic need. Susanka found it hard to truly relax beneath towering, formal ceilings more suited to a courthouse. And incorporating natural materials such as wood and stone, recycled items,

screened-in porches and big windows helps her and her clients reconnect with nature. Her approach combines traditional elements such as built-in bookcases and window seats with modern ideals such as energy efficiency.

This English-born architect who has made Raleigh her home is the author of nine best-selling books including “The Not So Big Life” (Random House, 2007), “Not So Big Remodeling” (Taunton, 2009), and most recently, “More Not So Big Solutions for Your Home” (Taunton, 2010).

She’s appeared on numerous radio and television shows and her many accolades include receiving the Anne Morrow Lindbergh Award for outstanding individual achievement, for demonstrating a spirit of initiative and for exemplifying great dedication toward making positive contributions to our world. For more about Susanka, visit www.sarahsusanka.com.



Sarah Susanka wanted to remodel her home to add storage space and open up areas, including her kitchen (upper photo), rather than adding on. After remodeling (lower photo), she has a functional but beautiful kitchen.

House” in 1998. In it, she advocated paring down living space into more efficient, people-friendly rooms with multiple uses. Stuffy formal rooms, she wrote, “stand as a memorial to the way we used to live.” She urged homeowners to “build better, not bigger.”

Many new homeowners are jumping onboard. More than 8,500 homebuilders have constructed more than a million Energy Star-qualified homes throughout the United States since the program began in the early 1990s. Energy Star guidelines can make a home 20 to 30 percent more energy efficient than standard homes. The guidelines include effective insulation systems, high-performance windows, tight construction and ducts, efficient heating and cooling equipment and Energy Star-qualified lighting and appliances.

Experts believe the smaller-is-smarter philosophy will endure beyond the current economic crisis. Or as Susanka has put it: “It’s time for a different kind of house.”

Karen Holcomb is a freelance writer from Hamilton, Ohio.

How to pave a patio

By John Bruce and Carol Rich

Are you tired of tracking mud and dirt from the yard into the house? Do you want to create an outdoor space for entertaining or just getting out of the house when it's nice outside?

If you answered yes to either of these questions, then a patio might be right for you. There are many choices for do-it-yourself installation on virtually any budget. Selection of materials is a good starting point to help determine how much money you'll need to spend.

To choose the right kind of paver for your outdoor space, your first decision is: Clay or concrete?

Clay pavers are a popular choice because they have a deep color that doesn't fade over time. Manufacturers like Belden Brick, Pine Hall Brick and Whitacre-Greer offer products that are perfect for residential applications. Concrete pavers, from manufacturers like Reading Rock, offer an especially wide selection of sizes, shapes and colors for home use.

Narrow your choices by considering the kind of look you are after. For example, do you want a blend of colors or a solid appearance; a style that's classic old world, rustic or clean lines; beveled edges or a dry pressed look?

Using recycled materials is a low-cost patio option. Reuse old or broken concrete readily available from construction or demolition sites. You can create a patio using broken pieces of the reclaimed concrete. Install them as you would any other pavers but understand that they may be quite heavy and of varying thickness. For added interest, choose different sizes and shapes.

Regardless of the pavers, most do-it-yourselfers choose a sand-based patio base over a mortar-joined one because sand is more forgiving (and less expensive) and allows for much easier removal when necessary.

Once the pavers are chosen, the next step is to create a frame. Metal border material or treated lumber is widely used. Lay out the selected area with stakes and string. Using a flat-bladed shovel and maddox, dig out the area to a depth of about 4 to 6 inches (depending



A paved patio can complement your yard's landscaping.

on the depth of the border material chosen and the pavers). It's a good idea to use a soil compactor (available at equipment rental stores).

Cut landscape fabric to fit the area and apply so that weeds and roots won't grow up through the gravel or sand.

Carefully install the frame, making sure that the angles are true. If using pavers of uniform depth, place enough gravel or, preferably, class 2 base material, to provide a minimum depth of roughly one inch over the area. Class 2 base material is generated by ripping up old roadbeds and is used as a base for new roads. Level the gravel using a piece of scrap lumber.

Pour sand on the gravel. A general rule of thumb is to subtract the depth of the pavers from the depth of the borders, but it's good to have a minimum of an inch or two. Level the sand carefully with a screed made from scrap lumber or a two-by-six.

Place the pavers together according to the desired pattern using string tied from one edge of the frame to the other to ensure straight placement. Fill gaps between the pavers with sand using a kitchen broom. Mist the area with a garden hose. Repeat this process twice and

again about a week later and if pavers become wobbly.

If using reclaimed concrete, dig a bed about 3 inches deep and about an inch bigger in diameter than that of each paver to use. Place the landscape fabric, add sand over the weed barrier and even out with a rake. Set the broken concrete in place and fill the gaps between them with sand and mist to help settle the sand. Step on each piece and rock it from side to side. If wobbly or uneven, fill in with more sand until each piece is stable. 🛠️

John Bruce is a freelance writer from Columbia, South Carolina. Carol Rich is a freelancer from Columbus, Ohio.

Patio Drainage

It's important to consider the layout of the land when planning your patio. Make sure the patio slopes away from any structures and has adequate drainage. The patio can be built with a drain channel around the sides. The channel will drain the water that falls on to the patio and can be covered with metal grills that look like part the patio. The channel also can be connected to your property's main surface drainage port, likely a storm sewer, by buying drainage pipes.

For more information, visit www.doityourself.com

How to go green in the kitchen

By John Bruce

You can make your kitchen “earth-friendly” without breaking the household budget. For one thing, you can make your kitchen healthier. Eliminating or reducing invisible and odorless toxins in cabinets and countertops are giant steps. Also refreshing a kitchen the green way can dramatically improve indoor air quality.

Most kitchen cabinets are made of particleboard. The material is made with urea formaldehyde resin—a known carcinogen—which can emit the toxin for the life of the cabinet. Worse, whenever formaldehyde is exposed to heat, the gas becomes more concentrated and toxic when released. Appliances like ovens and dishwashers give off heat when they’re in use near particleboard cabinets.

A cost-effective remedy is to make the particleboard airtight by applying a sealant to all surfaces of the cabinet. It’s best to carry out this project outdoors, if possible, or during warmer months with the windows open so the kitchen can air out. Removing doors, handles and hinges is a must and offers the opportunity to update the hardware for a fresh look.

Water-based polyurethane sealants are fairly nontoxic and render clear finishes. They can be applied to the particleboard in multiple coats, primed and painted.

Buy only the amount of paint needed for the job. Store any leftover paint properly for future use. If paint cannot be re-used in the next few years before its quality degrades, it should be donated for re-use or taken to a hazardous waste consolidation facility.

For new wooden cabinets, look for wood cabinetry that’s certified by the Forest Stewardship Council for responsible forest management practices. Another green option is bamboo. Its fast-growing properties make it one of today’s most popular and sustainable choices for kitchen cabinets.

Sustainable and safe resources abound for new countertops. Products like granite are unsustainable. Laminates can’t be recycled and emit formaldehyde. Green choices include recyclable stainless steel, concrete and other commercially available eco-friendly surface materials.

The advantage of concrete counters



Recycled-glass countertops are one way to “green” your kitchen.

over marble or granite is that it can be sustainable and completely customizable. Concrete can be sculpted, molded and textured. It’s a material that a do-it-yourselfer can easily use to create original counters while saving money. Concrete kitchen countertops can be sustainable as long as the aggregate is made from recycled stone, crushed glass or other recycled materials. Counters can even be made from a mixture of cement and recycled newspaper pulp. A concrete counter should be coated with a natural oil-based sealant once dry.

There is a vast world of commercially available, sustainable countertop surfaces. To get started, request samples of surface materials to test for staining and durability. See for yourself if a sample will hold up as a food preparation surface. Keep it in your kitchen a while. The sample should be able to handle common staining ingredients such as balsamic vinegar, catsup, coffee, oil and lemon juice without staining and should be tough enough to withstand a sharp knife. ⚡

John Bruce is a professional writer who lives and cooks in Columbia, S.C.



The advantage of concrete countertops over granite or marble is they can be sculpted and customized to the homeowner’s taste.

Some brands of renewable commercially available countertop surfaces include:

ALKEMI, www.renewedmaterials.com, made from aluminum milling scrap.

Avonite, www.avonitesurfaces.com, recycled collection made from certified post-industrial scrap, equal to a recycled content value of 20 percent

Bioglass, www.coveringsetc.com, made of 100-percent recycled glass

EcoTop, www.kliptech.com/ecotop.html, made of recycled paper and renewable bamboo

EnviroGlas, www.enviroglasproducts.com, made of post-consumer and industrial glass

IceStone, www.icestone.biz, made of 100-percent recycled glass in a cement matrix

Lithistone, www.lithistone.net, made from natural mineral binder, sand, stone, recycled material, and organic mineral pigments.

Richlite, www.richlite.com, made of recycled paper and sustainable forest products

ShetkaStone, ShetkaStone.com, made of recycled paper

Trinity Glass Products, www.trinityglassproducts.com, made of recycled glass and low-carbon cement

Vetrazzo, www.vetrazzo.com, made with recycled glass with cement, additives and pigments

Get your house ready for summer heat

The dog days of summer can really put the heat on electricity bills and put even the best air conditioning systems to the test. “The Department of Energy says that almost 45 percent of a homeowner’s utility costs come from heating and cooling the house,” says Dave Quandt of Field Services for American Home Shield, a provider of home warranty services. “Fortunately, there are some simple things you can do to help lower those costs, keep your system working as it should, and beat the summer heat.”

Here are easy-to-do tips for when temperatures start to sizzle:

- An air conditioner set at 70 degrees F. can cost twice as much to operate as one set at 78 degrees F. Raise the thermostat by 2 degrees above its normal setting. You’ll still be comfortable, and your pocketbook will thank you.
- Set the thermostat to 80 degrees F. when you’ll be out of the house for several hours and lower it when you return. But don’t shut the air conditioner off; it’s less efficient to cool the house back down than to leave it set at a higher temperature.
- A ceiling fan uses about as much energy as a 100-watt bulb, but it can make a room feel up to 8 degrees cooler. During warmer months, your ceiling fan blades should turn so they push air downward to create a cool breeze. This is usually counterclockwise as you look up to the fan.
- Keeping windows closed and curtains drawn during the day can reduce cooling costs by 30 percent.
- Lights, computers and televisions all generate heat. Turn them off when they’re not in use.

During warmer months, your ceiling fan blades should turn so they push air downward to create a cool breeze.

Quandt believes your best protection, however, lies in preventative maintenance. “It’s important to have your air conditioning system professionally inspected and cleaned a least a month before you’ll need to start using it,” he says. Find out the manufacturer’s recommendations for maintenance on your type

of unit. You can usually find it online and in your owner’s manual. In addition:

- Create shade for the unit, but keep the area around the exterior condensing unit clear of leaves, bushes and other obstructions to ensure adequate airflow.
- Clean or replace the air conditioner filter monthly. Clogged, dirty filters block air flow and make a unit work much harder. A clean filter can save up to 10 percent on your bill.



Having your air conditioner inspected and cleaned helps prevent unexpected malfunctions on hot days.

At a very minimum, if you haven’t already had an inspection, at least turn on your A/C this month if you haven’t already and make sure it’s still running like it should. You don’t want to find out on a hot day that it doesn’t work.

As mentioned, your best bet is regular care of your A/C unit. But if your air conditioning system and/or components break down, a home warranty can help protect you from unexpected repair costs. A home warranty, says Quandt, is a service contract that covers the repair or replacement of many of the most common home system breakdowns. It also covers appliances not usually covered by homeowner’s insurance. American Home Shield is among companies that offer home warranty coverage regardless of the age of the home, and it can be purchased at any time, not just when a home is bought or sold. 🏠

—Family Features.com

Water gardens can add value and beauty to homes

With the housing market continuing its sluggish ways, many homeowners who were once hoping to sell are now planning to stay—at least for a few more years. As a result, many people are making improvements now that will increase their home's value, without breaking the budget.

Updating landscaping can have a dramatic impact on values. In fact, according to the American Nursery & Landscape Association, an improved landscape can increase property value by 7 to 14 percent. The association's study also revealed that such improvements could help accelerate the sale of a home by several weeks.

One of the best ways to enhance visual appeal is to install a water garden, or fish or wildlife pond. These ponds create instant beauty and provide a relaxing, eco-friendly environment for everyone to enjoy.

Growing interest in wildlife ponds

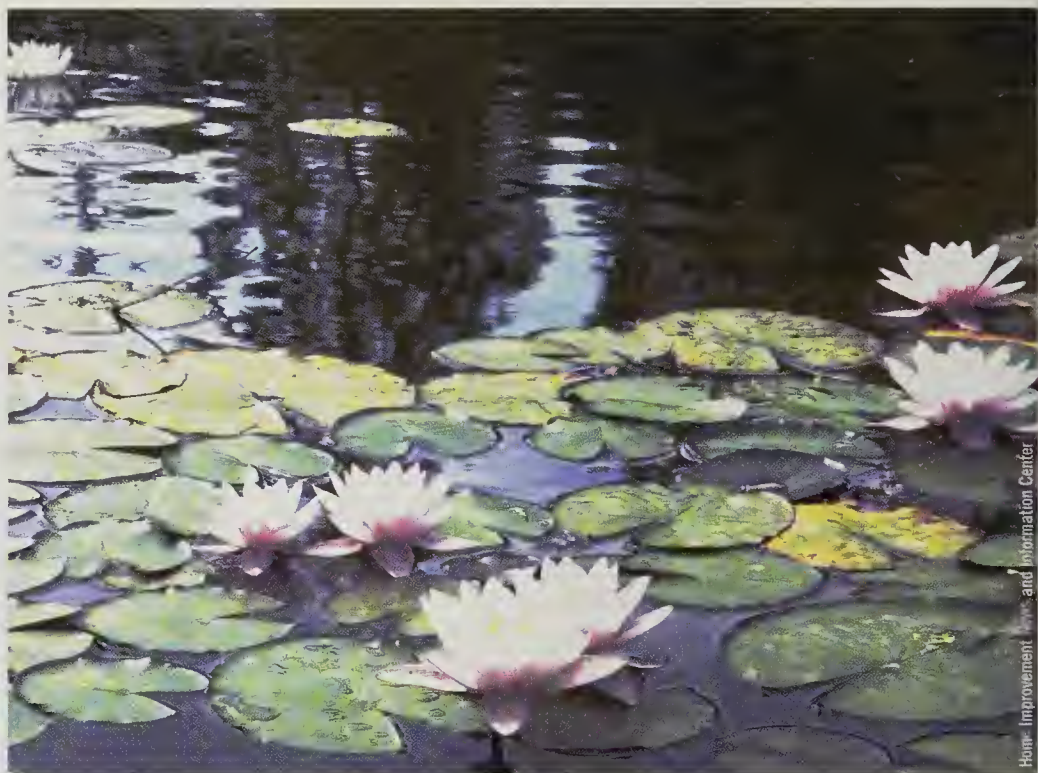
While garden ponds that hold exotic fish, such as koi, are fairly common, there is growing interest in ponds that attract native wildlife. Depending on where you live, you might find small creatures, such as salamanders, turtles, frogs and toads making their way to your pond. Dragonflies and a variety of birds will find hours of enjoyment, while keeping nature in balance by eating many common backyard insects.

Locating your pond

Ponds need plenty of sunlight, so avoid locations close to large shade trees that will drop leaves into the pond during the fall. Look for a relatively flat site where you can add different depth levels and gentle slopes. If your yard is hilly, you can follow an existing slope with a waterfall at your pond. Either way, pick a site that is easily viewed from as much of your home as possible.

Choosing liners

There are many liner options available. One popular and trusted choice for water feature installations is EPDM rubber liners. According to Bill Johnson, technical field engineer for Firestone Specialty Products, PondGard™ Rubber



Like any other home project, building a water garden can be as simple or complex as you want.

Liners provide very good flexibility, which allows them to be shaped to fit the contours of nearly any water feature. The liners, one of Firestone Specialty's products, are ideal for ponds because they are eco-friendly, require minimal maintenance and are extremely resistant to ultraviolet (UV) radiation and ozone, Johnson says.

Dial before you dig


Once you have the site picked out and have created your unique design, call 811 or your local utilities before you start digging to learn how to steer clear of any underground cables or pipes. Also check if any permits are required by your local building ordinances.

If you wish to create a habitat for smaller wildlife and allow animals to get in and out easily, your pond should have shallow edges. Deeper depths should be toward the center, which is

also a good place for a few logs or large rocks to serve as perches for birds and shelter for small visitors.

Place a layer of fine sand or use a synthetic underlayment fabric throughout the excavated area. Then, place the rubber liner in the hole and fill with water, using rocks and stones around the edges to secure it in place.

Plant life

Aquatic plants come in four general categories: submerged, marginal (grow on pond edges), emergent (root to the pond bottom) and floating. The best plant options are native species of aquatic plants, rather than tropical plants. Be sure all chlorine is removed from the water before adding plant life. Local nurseries should be a good resource. 

—Home Improvement News
and Information Center

North Carolina's 4-H Camps and Centers

Sertoma 4-H Center
(www.campsertoma.org)

Betsy-Jeff Penn 4-H Center
(www.bjpenn4h.org)

Swannanoa 4-H Center
(www.swan4h.com)



Eastern 4-H Center
(www.eastern4hcenter.org)

Millstone 4-H Camp
(www.millstone4hcamp.org)




www.nc4h.org/centers

Programs and Centers are open to all youth (boys and girls) ages 6-17. Facilities are available for off-season use.



Excellent Value and Programs



Saving Stranded Shorebirds

Sea Biscuit Wildlife Shelter in Brunswick County takes in birds who get into trouble and can't get out

Text and photography by Hannah Miller

Fuzzy-feathered Tim is a pelican with a purpose, even though he's only 1½ years old.

"He's our baby," says the director of the wild bird rescue center where Tim lives, Sea Biscuit Wildlife Shelter on Oak Island. He won't get the characteristic white head of an adult for another 1½ years.

Yet the 6-pound brown pelican with a wing permanently crippled by a fishing line has a grown-up mission: To help injured newcomers brought in from the beach or the marshes learn to eat dead fish.

Used to chasing their meals, the birds turn up their considerable noses at dead prey, says shelter founder and director Mary Ellen Rogers. Until Tim tries to grab the food, that is. "By the third day, Tim has shown them the way. If they don't learn from Tim, I have to force-feed them," says Rogers.

Sea Biscuit, supported entirely by donations, is the only bird rescue facility on the Atlantic Coast between Morehead City and Charleston, S.C.

Rogers and some 20 other volunteers take in not only shorebirds who've fallen afoul of fishing lines, nets and sharks, but raptors and songbirds that encounter cars and cats.

A total of 398 birds were brought in by the public or the local police in 2010. "More than a bird a day," says Rogers.

They recuperate for up to six months, thanks to the generosity of local fishermen and groups like Brunswick EMC, the Touchstone Energy cooperative that serves more than 80,000 members in the Brunswick County and Columbus County region. The fishermen supply food. Brunswick EMC gave a \$1,800 grant to build a 1,400-gallon, enclosed pond. "We're incredibly grateful," says Rogers. "We were using a hot tub." A handicapped ramp that led birds into the hot tub has been replaced with a sandy beach.

In the summer, birds can dive in the manmade pond for live pogies (menhaden), mullet, croaker and spot that Rogers catches in a nearby creek. It gives them practice. (Birds lose the ability to catch their own food after a month in captivity, Rogers says.)

For other food, Rogers looks to local fishermen who bring in cast-net catches — "Too big for bait, too small

to eat." One couple trolls with two lines behind their boat, one for their own dinner, one for the birds.

A sign on Ocean Crest Fishing Pier gives the phone number of the shelter, which will do pickups of leftover bait. Rogers goes over the gifts with a metal detector, looking for hidden hooks. "If I hear a beep, beep, they can't eat that fish," she says.

After six months — the cutoff date for a wildlife rehabilitator's keeping a bird — one-third have died, one-third have been released back to the wild, and another third have been sent to an educational facility or another rehabilitator.

The Oak Island shelter has been temporary home not only to pelicans but to cormorants, plovers, gulls, loons, even gannets from Canada's Maritime Provinces and a dovekie, presumably from Iceland.

Gannets fly to the Southeast coastal waters during the winter, then float back north on the Gulf Stream. Unable to walk, they can't fly during the spring months when they're molting. They float in flocks, and boaters will call, saying, "They're out here by the hundreds," says Rogers. When she gets one, she expects to get two or three. "They get hit by boats, bitten by sharks."



Left: Two pelicans meet in the yard of Sea Biscuit Wildlife Shelter on Oak Island.

Above, left: Dr. Greg Massey of the veterinary school at N.C. State University checks out an injured owl held by Sea Biscuit director Mary Ellen Rogers.

Above, middle: Sea Biscuit Director Mary Ellen Rogers is fond of Oscar, although the pelican with the dented beak likes to nip visitors.

Above, right: "Mine. All mine," this tiny screech owl seems to be saying. After a month in captivity, owls have to go to "mouse school" at Sea Biscuit to re-learn how to catch live prey.

When their six months stay is up, many of the birds whose injuries keep them from release will be used by educational facilities to teach the public about bird life.

Except Tim. Volunteers say he's "very mellow," but he has one tendency that could put off exhibitors. "Under stress, he throws up."

The shelter, normally closed to the public, opens 12 times a year so that Tim can meet the public in a non-threatening "home" environment. "When kids come here, 4-H groups, school groups, I have them sit at the picnic table," Rogers says.

Tim is brought out. "They all get to touch him. He's downy soft," says Rogers. "People don't realize pelicans are very, very soft."

Occasionally, her affection for the birds has to be combined with admonition. "Knock it off, Oscar," she commanded a pelican recently as he prepared to nip a visitor.

But in the five years since she left the turtles behind, "I've really come to love these guys," she says. "You can't hug a turtle." 🐢

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.

For More Information

Sea Biscuit Wildlife Shelter
1638 East Beach Drive
Oak Island, NC 28465
seabiscuitshelter.blogspot.com
A Brunswick EMC member account

She tried twice to release a recovered gannet when there was no flock around. No go. Then a fisherman friend called. "Hey, Rogers. Grab that bird and run out there," he said. The flock was on the ocean. "I just let him go. He went right into the waves. I never saw him again."

Rescuing birds since 2007

Sea Biscuit was born when Rogers, a lifelong environmentalist, retired from a real estate career in Charleston and moved to Oak Island. She had started the Island Turtle Team to protect nesting sea turtles on South Carolina's Sullivans Island and the Isle of Palms, but when she got to Oak Island, she found that turtles there were already being looked after.

No such help was available for birds, with the thinking being "let nature take its course," she says. So she studied at Outer Banks Wildlife Shelter in Morehead City, became licensed as a wildlife rehabilitator, and opened Sea Biscuit on her property in 2007.

Rogers, 68, can determine when a bird merely needs rest and some good meals. She sees a lot of emaciated young migrating birds. "They can't make the migration because they don't have enough fat on their bodies. They wash up on the beach."

For more serious problems, and for the sometimes-inescapable euthanasia, she has help from two local veterinarians. Dr. Alyssa Travis of River Road Animal Hospital in Southport treats illnesses. Dr. Flint King of Oak Island Animal Hospital does euthanasia, often because of frostbite.

Young pelicans, used to getting handouts from boats, don't realize they're supposed to migrate and may get caught unawares by cold weather, Rogers says. They stick around, and their feet freeze to the docks.

Rogers can't make herself do the euthanasia. "I throw up. We're into keeping these guys alive."

Subjects for study

Resident pelicans are the subjects for an N.C. State University veterinary school study of an anti-fungus drug. Dr. Greg Massey and his wife, Wendy, visit frequently to take blood counts. If the drug is successful, it could replace an existing drug that's only effective for shorter periods of time.

Rogers donated the black-and-white body of a dove, an auk native to the Arctic Ocean, to the vet school after it didn't survive at Sea Biscuit.

I Remember...

The Boone influence

In the summer of 1996, our son's soccer coach in Athens, Ga., entered the select travel team in a tournament in Boone, and we all stayed at Appalachian State University's Broyhill Inn. We had splendid weather to cheer on the team.

On Saturday afternoon between games, we happened to gather on a hotel balcony to watch a lovely outdoor wedding. Our son, a rising seventh grader, turned to us and declared he would go to college at ASU. We suggested it might be a little premature to make such plans, but during his junior year in high school, we drove him up to the campus (just after a blizzard) and he was sure ASU was right for him.

Jeff graduated in 2007 (during a blizzard) with a degree in industrial technology (a focus on construction technology). He still lives in Boone and works for a local contractor.

A Marine Reserve the last three years, he has decided to go active duty and will begin training May 1 for a seven-month tour of duty in Afghanistan. We have loved each and every visit to Boone and shall keep his house ready for his safe return.

Jean and Red Petrovs, Athens, Ga., Blue Ridge EMC



The basket are almost big as we are.

Caring people

I'm the little girl sitting in the grass. Our parents' friends gave my sister, brother and me Easter baskets one year. I guess they knew our parents couldn't afford to buy us such nice baskets. Thank God for caring people.

Lori Barker, Asheboro, Randolph EMC

Mama at Easter

My Mama's favorite time of the year was spring. Some of my favorite memories of Mama are at Easter when we dyed eggs and decorated the house. She always made sure on Easter Sunday that my brother and I each had a new Sunday-go-to-meetin' outfit. My Easter dress had to be the prettiest dress she could find in pastel colors of pink, lavender or mint green. She would finish the outfit with lacey socks, white patent leather Mary Janes, and a hat with a little elastic band under my chin. My brother was suited in a sharp suit with a bow-tie to match.

The Easter Bunny brought us a beautiful basket that was wrapped with bright cello wrap of pink, purple or yellow and topped with a big bow. Inside the basket would be a soft stuffed animal and a chocolate bunny.

My last Easter basket from the Easter Bunny came when I was 38 years old. It was the spring of the year that Mama went to heaven. Every Easter I think of her and the sweet memories she left with me.

Kitty Hilton, Mocksville, EnergyUnited



Jeff soon will begin training for a tour with the Marines in Afghanistan.

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616

This was Easter of 1962.



Feed sack clothes

I wore flowered, print and striped dresses to school in the 1950s and 1960s. My brother wore the neatest shirts. Everyone commented on the pretty clothes we had on.

My parents raised chickens, approximately 7,000 in a flock on a small farm in Cabarrus County. The poultry feed was delivered in 100 percent cotton feed sacks. Mother washed them and sewed our garments from those colorful bags, even our pajamas. It wasn't until later when I realized not everyone wore attire made out of feed sacks.

I remember the school May Day program when I was to lead the May Pole dance, and Mother stitched me a beautiful striped costume. Everyone wanted to know where I bought it. I didn't want to tell them my outfit was made from feed sacks. I just smiled and said my mother designed it.

After she sewed our clothes, Mother used the fabric scraps to create cotton quilts. When I saw some of those quilt squares recently, I recognized the fabric of many of the dresses I wore in elementary school. Oh, how our parents knew how to do more with less!

Mary Kay Cox, Four Oaks, South River EMC

LIFETIME mobilehomeroofing.net



1.800.893.1242

NATIONAL BARN COMPANY

\$9,995
30X50X10
Painted Enclosed
Built Price

HORSE BARN • GARAGES • STORAGE BUILDINGS • HAY BARN

Ask about our do-it-yourself materials kits.

Building shown
\$18,738 Built Price
30x60x12
w/15' open shed

• Hurricane Upgrade E of I-95 • Engineered trusses
• Fully Insured • Custom Sizes Available
• #1 Metal • Local Codes & Freight May Affect Prices

1-888-427-BARN (2276)
www.nationalbarn.com NC Lic. #52845

American General Life Introduces Affordable Life Insurance

The Best Idea For ... Personal Insurance - Business Insurance - Mortgage Protection

10 - Year
Guaranteed
Level Rates

NON-TOBACCO MONTHLY RATES

Issue Age	\$100,000		\$250,000		\$500,000		Issue Age	\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female
30	11.90	11.55	13.69	11.73	20.91	17.41	50	19.69	17.76	34.04	28.57	60.29	51.10
31	11.90	11.55	13.91	11.94	20.91	17.85	51	21.09	18.99	36.66	30.32	65.54	54.16
32	11.99	11.64	14.35	12.16	20.91	18.29	52	22.66	20.30	39.73	32.07	71.23	57.23
33	11.99	11.64	14.57	12.38	21.35	18.73	53	24.59	21.96	43.23	34.48	78.23	61.16
34	11.99	11.64	15.01	12.60	21.35	19.16	54	26.60	23.71	47.16	36.88	86.10	65.54
35	12.08	11.73	15.44	12.82	21.35	19.60	55	28.88	25.73	51.54	39.73	94.41	70.35
36	12.16	11.81	16.10	13.48	22.23	20.48	56	30.98	27.04	56.13	43.01	103.16	77.35
37	12.25	11.99	16.54	14.13	23.54	21.35	57	33.34	28.44	61.38	46.73	113.66	85.23
38	12.34	12.08	17.41	15.01	24.85	22.66	58	36.23	30.19	67.94	51.32	125.91	95.29
39	12.43	12.25	18.29	15.88	26.60	24.41	59	39.29	32.11	74.73	56.13	139.04	105.35
40	12.51	12.43	19.16	16.98	28.35	25.73	60	42.70	34.21	82.38	61.60	153.91	117.16
41	13.21	12.86	19.82	17.63	30.10	27.04	61	46.90	37.19	90.91	69.04	170.98	128.10
42	13.91	13.30	20.48	18.29	32.29	28.79	62	51.54	40.51	100.54	77.35	190.66	140.79
43	14.88	13.91	21.57	19.16	34.91	30.98	63	57.40	44.71	112.57	87.85	214.29	156.54
44	15.84	14.53	22.44	20.04	37.98	33.16	64	63.53	49.09	125.04	98.79	239.66	172.73
45	16.89	15.23	23.54	21.13	41.04	35.35	65	70.44	53.99	139.26	111.04	268.10	191.10
46	17.33	15.58	25.07	22.23	44.10	37.54	66	78.40	58.36	153.91	119.13	297.85	210.79
47	17.76	16.01	26.82	23.54	47.16	40.60	67	87.41	63.26	170.54	128.32	331.54	233.10
48	18.38	16.54	29.01	25.07	51.10	43.66	68	98.53	69.30	191.10	139.48	373.54	260.66
49	18.99	17.15	31.41	26.82	55.48	47.16	69	110.25	75.69	212.54	151.51	417.29	289.54

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 - \$500,000 rates are Select-A-Term [policy form no. 07007] Preferred Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by American General Life Insurance Company (AGL) are its responsibility. AGL does not solicit business in the state of New York. Policies and riders not available in all states. Premium rates current as of December 2010; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies.

Application Request Form

The information you provide will be kept in strict confidence.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ ☐ MALE ☐ FEMALE

AMT. OF INS. DESIRED _____

HOME PH# _____ WORK PH# _____

BENEFICIARY _____ AGE _____

SIGNATURE _____

The best time to call me is: (☐ Home or ☐ Work)

☐ 8-10 am ☐ 10-12 ☐ 12-2pm ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 8-9

I wish to pay my premiums: ☐ Annually ☐ Monthly Bank Draft

ADDITIONAL APPLICATION REQUESTED FOR:

NAME _____

DATE OF BIRTH _____ ☐ MALE ☐ FEMALE

AMT. OF INS. DESIRED _____

Clip and Mail to:

Delia Foley
42 Wayside Drive
White Plains, NY 10607

Call Toll-Free
For More
Information:
(888) 484-8826

For Priority
Service - Fax:
(914) 347-3173

MS1-B079-Select A Term 12 2010

WHERE IN CAROLINA COUNTRY IS THIS? →



April winner

The April photo by Michael Gery showed a mill in the Moss Hill community on Hwy. 55 between Seven Springs and Starbane, Lenoir County. Rutherford County-based Lakeside Mills made corn meal there, and before that the Davis family did the same. Randal Herring of La Grange remembers fishing in the millpond. Peggy Rouse remembers it all lit up at night. Jay Rouse remembers seeing a new car upended in the millrace. The winner, chosen at random from all the correct entries, is Jean White of Seven Springs, a member of Tri-County EMC.

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 9 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our June issue, will receive \$25.



CUSTOM HOMES

Built On Your Land!



\$124,990
THE WYNDHAM

100% STICK BUILT
MOVE-IN
READY



Charlotte
(704) 916-9568
Raleigh
(919) 229-9568
Winston-Salem
(336) 462-8568



BUILD AND PRICE YOUR DREAM HOME ONLINE AT

www.LockridgeHomes.com

*All information is deemed reliable but is not guaranteed and is subject to change without notice.

Surprising ways to ventilate

Air conditioning can account for a significant proportion of a family's utility bills, and summer heat coming in windows and doors increases the temperature inside your house significantly. Even the most energy-efficient windows and doors have an insulation R-value much less than the typical house wall. There also are gaps around doors and windows which, even though sealed with weather stripping and caulk, allow in some hot, humid outdoor air.

Ventilating naturally

You might as well make maximum use of ventilation through these same windows. This ventilation can be cross-ventilation from window to window on the same floor or through-ventilation from a window to an upper vent. The air coming in will be warm and perhaps humid, but it will make you feel cooler as it flows over your skin.

If you have casement windows, crank them out at just a partial angle to catch breezes.

For through-ventilation, open windows on the upwind side of your house. This also works reasonably well on a calm day. Lift the attic access opening cover, often in a bedroom closet ceiling, and rotate it over the opening to create gaps. The less-dense warm air will naturally exhaust out the opening. Don't totally remove the cover because that would allow a direct route down for the radiant heat from the roof into the room. If a room has a vaulted ceiling, consider installing a venting skylight (www.velux.com).

Screening

If security is not an issue, open your doors and allow air in through a screen door. Or for additional security, drill a hole, directly over a joist, in the floor slightly inside the primary door. Slip a short steel rod in the hole so the primary door can be opened only a couple of inches.

If you do not like or can't afford screen doors, consider installing a retractable screen (www.dreamscreens.com). This is a spring-loaded screen that pulls horizontally across the door to the magnetic strip on the other side. The vertical housing that holds the screen



Even a simple fabric awning over a door or window can be effective for blocking direct heat from the sun.

is only a couple of inches wide so it is barely noticeable. The spring holds the screening taut.

If your windows are exposed to the sun, install SunScreen (www.phifer.com) sun-control window screening. This is often made from strong polymers and has a dense weave to block more than half of the sun's heat. You can still see through the screening.

Consider awnings

Adding awnings can reduce heat coming in through windows. Installing an awning over a door also helps. It will block the direct sun's rays from heating the door or shining in an open screened door. Also the sun's heat on the outside of an insulated composite door may cause it to bow. When this happens, the weather stripping may not seal well. An awning contractor can

figure the proper size for your home, since it depends upon the latitude angle of your area and orientation to the sun.

Rotate blinds

If you have Venetian blinds, rotate the slats so they slope to the outdoors from bottom to top. As the air between the window and blind slats gets hot, it tends to flow upward and this hot air tends to stay between the window and the slats. During the winter, reverse the slat angle so the cold air stays against the window. ☀

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Have a question for Jim?

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

Steel Mobile Home Roofing

roofover.com 800.633.8969

PERMA-ROOF®
from Southern Builders

Insurance credit
Expert installation
Increase the value of your home
Energy Star Certified
Cut your electric bill
Stop leaks
LIFETIME WARRANTY



Since 1983

BEST TERM RATES Term Life Insurance

Age	\$100,000	\$250,000
30	6.91	8.86
40	8.00	11.18
50	12.76	20.90
60	23.45	42.28

These are monthly rates for female non-tobacco users

Karl Schweikert
(888) 471-0707

We also specialize in Health Insurance



KENTUCKY BUILDINGS
— L.L.C. —

We are the Manufacturer!
Factory Direct Discounts!

FREE CATALOGUE

1-606-668-3446
www.kybuildings.net



50 Year All Steel • 35 Year Deluxe Color Roof & Trims • 2/12 & 4/12 Models
Farm • Church • Sports • Horse • Car • Plane • Home

Pre-Assembled
Installs in Minutes!



Call 7 days/week!
(608) 254-2735

CasCade 4000
Floating POND FOUNTAIN!
Aerator

MSRP (\$1100) You Pay \$649.85!

Complete with light & timer,
100 ft power cord, 1yr warranty!

FAST UPS shipping right to your door!
www.fishpndaerator.com

AMERICA'S OLDEST & LARGEST RARE BREED HATCHERY FREE COLOR CATALOG

Over 140 varieties of Baby Chicks, Bantams, Turkeys, Guinea, Peafowl,
Game Birds, Waterfowl. Also Eggs, Incubators, Books, Equipment, and Medications.

Call 1-800-456-3280 (24 Hours A Day)

Murray McMurray Hatchery, C 130, Webster City, Iowa 50595-0458

www.mcmurrayhatchery.com

JOYNER'S CORNER ANSWERS:
MATCHBOXES
7 1 4 9 5 1
d e f o r e
7 1 6 2 8 3
UNSCRAMBLIT
scramble
RANDOM LPH

HEATMOR
STAINLESS
STEEL
OUTDOOR
FURNACES

NEW 2011 DESIGN



RESIDENTIAL UP TO
10,000SQ FT.
COMMERCIAL UP TO
25,000SQ FT.
EPA CERTIFIED MODELS
WOOD, COAL, CORN,
PELLET, & WASTE OIL
OPTIONS
HEAT MULTIPLE BUILDINGS,
POOLS, HOT TUBS,
HOT WATER TANKS,
& GREENHOUSES



OUTBACK HEATING, INC.

Eastern U.S. Distributor

800-743-5883
www.outbackheatinginc.com

**Your house protects you.
Shouldn't you return the favor?**

*Metal roofing is energy efficient, durable, flame retardant,
and withstands high winds. It also reduces energy
costs as much as 50%.*

Give your house the same peace of mind it gives you.



**100% Financing
No Money Down
Free Estimates**

**Affordable
Metal Roofing**
CAROLINAS

Toll Free: 800-505-3241

**Serving All of North
and South Carolina**

AffordableMetalRoofingCarolinas.com

Things will get into full swing in the garden this month. Most of the winter's main pruning will have been done and we can get down to the business of planting flowers and seeds. After spending the winter feeling like a slug from lack of garden activity, all of a sudden we are running about like busy bees. To start, you need a good garden site. Regardless of size, there are factors to consider in selecting a garden site.

Sun

All vegetables need sunlight. The garden should receive at least 6 hours of direct sunlight each day. Eight to 10 hours each day is ideal. There are some vegetables that do not require as much sunlight such as lettuce, cabbage, collards and broccoli. If you are using seeds you have saved from last year, don't forget to do a germination test to be sure the seeds are still viable. Here is a helpful link to learn about how to test for seed viability. www.gardenguides.com/3023-germination-testing.html

Location

It will be easier to harvest vegetables from a garden located near your home. It is also easier to maintain the garden with weeding, watering, insect and disease control, if the garden is close by.

Avoid planting related vegetables (same family) in the same location more than once every three years. Crop rotation prevents the buildup of insects and disease.

Soil

Avoid any soil that does not drain well. Heavy clay and sandy soils can be improved by adding organic matter. One of the first steps in creating any great garden area is to first do a soil sample. Contact your local Cooperative Extension office for instructions, and get a soil sample box to place your sample in. Many Extensions do not charge for this service. For more information, contact the Agronomic Division of the state Department of Agricultural: www.ncagr.com/agronomics



Vegetables should get at least 6 hours of direct sunlight each day. Some do not require as much sunlight, such as lettuce, cabbage, collards and broccoli.

Water

Including rain and irrigation, the garden needs at least 1 inch of water per week. Make sure you have a water supply near your garden area. This is a great location for a rain barrel to collect water during rainfalls and make watering much easier. One easy way to know if you have the right amount of water is to place a plastic container near your garden and collect any water to determine the amount you are getting. Dragging a water hose across your garden is not a fun task and exhausting to do day after day.

Air drainage

Vegetable gardens located on high ground are more likely to escape light freezes, permitting an earlier start in the spring and a longer harvest in the fall.

To do this month

- ▶ Fertilize summer flowering plants like crape myrtle and Rose-of-Sharon.
- ▶ Side dress or fertilize your vegetables 6 to 8 weeks after germination.
- ▶ Prune your hybrid rhododendron after they finish flowering.
- ▶ Pick off azalea and sasanqua leaf galls as they form.

Plants in flower during May

Southern Magnolia	Roses, Clematis
Golden Chain Tree	Honeysuckle
Kousa Dogwood	Dianthus
Hybrid Rhododendron	Sweet William
Mountain Laurel	Candytuft
Satsuki Azalea	Bearded Iris
Scotch Broom	Peony
Deutzia	Coreopsis
Beauty Bush	Poppy
Weigela	Lady Slipper
Gumpo Azalea	Summer annuals

- ▶ Prune any hedges that have outgrown their desired shape.
- ▶ Begin pinching your chrysanthemums and continue through mid-July.
- ▶ Do not cut back spring bulb foliage until it turns yellow and brown. The bulb is storing its energy for next year's bloom during this time.
- ▶ Do not fertilize tall fescue grass now.
- ▶ Start any warm season grasses like zoysia, Bermuda grass and centipede grass.
- ▶ Cut tall fescue at 3 inches and Bermuda grass, centipede grass and zoysia at 1 inch. 🌱



Mary Conroy is a Master Gardener in Forsyth County. Visit her online gardening forum www.gardeningcarolina.com

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com

PERCY P. CASSIDY POLES APART



UNSCRAMBLIT

c a e b r m l s
A D H L N O P R

Each lower case letter above stands for the capital letter below it. Scramble the lower case letters to unscramble the upper case letters and spell out the name of this North Carolina county.

MATCHBOXES

Each letter in this code key stands for the digit above it. Match the digits to the letters below to create two multiplication problems. Solve the problems and write your answers in the box tops, one digit to each box. Then match boxes again to find hidden words in your answers.

1 2 3 4 5 6 7 8 9
E I D F R H B N O

I D N D E B

X D

Look

I D N B H E

X D

or you'll
find
yourself

- Poor Richard
- (Benjamin Franklin)

Simplifid Spelin

If the Simplifid Spelin Society has its wA, studnts and writrs in yers to cum wont hav to lern 2 spel. What a boon that wil b 2 sum writrs I no. It wil cum as no supriz 2 many that th Society sprang up in England. (There wil always b 1.)

A spoksmn for the Society has publishd a leflet wich tels (and I kwot) how the systm "kuts wuns tim at th kebord by 10 per cent and also reduces th amount uv spac neded in a nusaprr, thus alowin about 10 per cent mor copy to b fitd in." An he is rite.

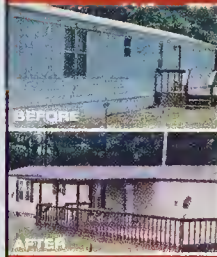
I hav in my fls a banr hedlin from a locl newspaprr that sez: "Illiteracy Is A Pobleem." My computr wont tolerAt any spelin erors at awl. Shakspear, I hav red, speld his nAm at lest sevn diferent ways. He wuz ahed uv his tym.

Carolina country

Advertise in the Marketplace
Call Jennifer Hoey for more information
1-800-662-8835, ext. 3077



MOBILE HOME EXTERIORS



- Steel & Rubber Roofing Systems Available
- Insulated Roofing Systems
- Premium Vinyl Siding
- Vinyl Replacement Tilt-in Windows
- Financing Available W.A.C.



For a FREE No Obligation Estimate Call:
1-800-849-5715
www.MobileHomeExteriors.com

RENEGADE

1.877.363.4233

STEEL BUILDINGS, INC.



30x60x10 \$9,500.00 50x80x12 \$16,900.00
40x75x12 \$13,500.00 60x120x14 \$27,400.00
All prices for base building FOB plant

• All sizes avail. • 25 yr. warranty
Built Strong...Renegade Strong
renegadebuildings.com

Dare to Compare...BUILDING SALE EVENT!



Clearance
Prices

50% OFF
accessories

MANY MODELS & SIZES AVAILABLE!

*Front end optional

25 X 40 X 16 value \$10,200 **NOW \$ 7,990***
32 X 42 X 17 value \$12,500 **NOW \$ 9,800***
50 X 120 X 22 value \$49,900 **NOW \$38,700***

Compare our prices and our quality. We're all for it! Tough, rugged buildings!

PIONEER 800-668-5422
PIONEERSTEEL.COM 30 YEAR REPUTATION...BUILT OF STEEL



Arco Steel Buildings

1-800-241-8339

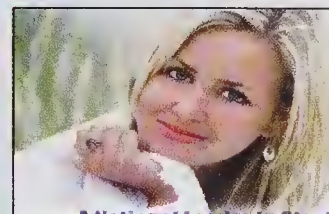
24x36x10.....\$ 5,962
40x60x10.....\$ 9,566
60x75x10.....\$15,591
100x75x12 w/column.....\$26,839
20x100x8'6" Mini Warehouse.....\$ 7,934

ALL SIZES AVAILABLE!

www.arcosteel.com

30 Arco Years
Arco Building Systems, Inc.

(FOB PLANT - LOCAL CODES MAY AFFECT PRICES)



*She's not
married...
to a steel
building
company.
Are you?*

A National Leader in Steel Buildings...
www.premierbuildings.com



PREMIER
Building Systems, Inc.

"Steel Buildings Any Size."

1.800.882.5150

Celebrating 16 years of ironclad customer service!

HEALTH INSURANCE

Monthly Rates

Age	Insured	With Spouse	With Child(ren)	Family
0-30	\$169	\$249	\$259	\$329
31-40	\$239	\$369	\$379	\$519
41-50	\$299	\$499	\$509	\$719
51-65	\$339	\$579	\$589	\$819

WHOLE LIFE

\$10,000*

Monthly Rates

Age	M	F	Age	M	F
50	\$26	\$21	70	\$67	\$51
55	\$33	\$26	75	\$94	\$70
60	\$41	\$32	80	\$134	\$101
65	\$52	\$41	85	\$185	\$153

Other amounts and ages available.
Call for full details and quotes.

TUCKER AGENCY

(843) 450-8286

Toll Free 1-866-604-0417

Your Ugly Nail Fungus Can Be Gone!



"Dear Jim Long. This product is amazing!!! I've had toe nail fungus on my big toe for about 20 years. My nail was thick, yellow and until I found your product I thought I was destined to have a thick yellow toe nail forever. I also had cracked heels and athlete's foot. Both have cleared up dramatically. Thank you so much for such a wonderful product." ...Cathy G., Ohio

If you want a safe, natural way to be rid of ugly nail fungus, our formula works...

GUARANTEED!

Send \$14.95 to: **Herbal Nail Fungus Soak**

Questions?
Check our Q & A button,
on the Nail Fungus page
of our website.

Long Creek Herbs
P.O. Box 127-N
Blue Eye, Missouri 65611
417-779-4009



www.LongCreekHerbs.com

(Phones answered Mon. - Fri. 8 - 5 Central)

Major Credit Cards & PayPal Accepted

May Events



The Cardboard Boat Regatta is one of many events at the New River Banks Party set for Memorial Day Sunday, May 29, at the Waterfront Park in Jacksonville. There's also the annual Seafood Cook Off, music, a car cruise, storytelling, crafts and a celebration of New River and Onslow County history. Jones-Onslow EMC is a major sponsor. For more information on the regatta, visit www.wonriverkeeper.org. For the festival, call (910) 455-3893.

ONGOING

"Steel Magnolias"

Humorous play
May 6–8; 13–15; 19–21, New Bern
(252) 634-9057
www.newberncivictheatre.org

Arts Councils' Fourth Friday

Fayetteville
(910) 483-5311
www.theartscouncil.org

Street Dance

Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Maness Pottery & Music Barn

Dinner, music, fellowship
Tuesday nights
Midway
(910) 948-4897
www.liveatclydes.com

Betty Lynn (Thelma Lou)

Andy Griffith Museum, 3rd Fridays
Mount Airy
(704) 466-3744
www.visitmayberry.com

Farmer's Market

Every Saturday
Wake Forest
(919) 671-9269
www.wakeforestmarket.org

Festival of Flowers

Through May 15, Asheville
(828) 225-1333
www.biltmore.com

Artifacts Mini-Exhibit

Through May 8, High Point
(336) 885-1859
www.highpointmuseum.org

Dogwood Festival

Through May 11, Fayetteville
(910) 483-5311
www.faydogwoodfestival.com

"I Love You—You're Perfect. Now Change"

Comic play
Through May 15, Fayetteville
(910) 483-5311
www.cfrt.org

Emissaries of Peace: Cherokee & British 1762

Through May 15, Asheville
(828) 665-2492
www.ncarboretum.org

Civil War 150 Exhibit

Public Library
May 2–28, Wilson
(919) 807-7389
www.nccivilwar150.com

Civil War 150 Exhibit

Public Library
May 2–28, Sparta
(919) 807-7389
www.nccivilwar150.com

31 Day Salute

May 1–31, Fayetteville
(910) 483-5311
www.31daysofglory.com

Cumberland County Goes to War

May 1–31, Fayetteville
(910) 483-5311
www.fcpr.us/transportation_museum.aspx

Culture & Couture

Museum of Anthropology
Winston-Salem
(336) 758-5282
www.wfu.edu/moa

Haywood's Historic Farmers Market

May 1–Dec. 3, Waynesville
(828) 627-1058
www.waynesvillefarmersmarket.com

Hop Into Spring Craft Show

May 3–21, Albemarle
(704) 463-4336
www.fallingriversgallery.com

"Reflections"

Metal sculpture, fiber art, paintings
May 27–June 19, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Spring Awakening Exhibit

Through May 29, Hertford
(252) 426-7463
www.perquimansarts.org

"Motoring the Blue Ridge Parkway"

Through June 2011, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

"A Journey Thru the 20th Century"

Through Dec. 2011, Oxford
(919) 693-9706
www.granvillemuseumnc.org

1 | SUN.

Albemarle Chorale

Edenton
(252) 426-5891
www.visitedenton.com

Carrboro Day

Carrboro
(919) 918-7364
www.townofcarrboro.org

May Day Festival

Fayetteville
(910) 483-5311
www.capefearbg.org

Walk for Lupus Now

Raleigh
(919) 466-0726
www.walkforlupusnow.org

Rutherford County Symphony
Spindale
(828) 287-6113
www.rcsymphony.org

3 | TUES.

Shakespeare in Music
Fayetteville
(910) 483-5311
www.ncsymphony.org

4 | WED.

Annual BBQ Festival on the Neuse & Wil King Hog Happenin'
May 4-7, Kinston
(252) 527-1131
www.bbqfestivalontheneuse.com

5 | THURS.

Golf Tournament
Edenton
(252) 482-3400
www.visitedenton.com

Doyle Lawson & Quicksilver Bluegrass Festival
May 5-7, Denton
(336) 859-2755
www.dentonbluegrass.com

6 | FRI.

Public Day at Duke Gardens
Durham
(336) 553-1804
www.nationalpublicgardensday.org

Mother's Day Gemboree
Gem dealers from across the U.S.
May 6-8, Franklin
(828) 524-3161
www.franklin-chamber.com

Dinner, Workshop & Weekend Crop
Scrapbooking & papercrafting
May 6-7, Tarboro
(252) 641-0857
www.cardscraps.com

Spring Folly
100 crafters
May 6-7, Kernersville
(336) 816-1553
www.kernersvillespringfolly.com

Bill's Creek Antique Tractor & Engine Show
May 6-7, Lake Lure
(828) 625-4720

Antique Farm Equipment Days
May 6-7, Goldsboro
(919) 735-5503

Lumbee Spring Powwow
Indians celebrate heritage
May 6-8, Lumberton
(910) 522-2187
www.lumbeetribe.com

Mayfest
Arts, crafts, food, music, rides
May 6-8, Pilot Mountain
(336) 351-5049
www.townofpilotmountain.com

7 | SAT.

Daniel Boone Family Festival & Auction
Mocksville
(336) 753-6701
www.danielboonefamilyfestival.com

Play Day
Games, activities, great food
Edenton
(252) 340-3438
www.visitedenton.com

MAYFESTival on Main Street
Rutherfordton
(828) 287-6113
<http://rutherfordtown.com>

Gears & Gables
Multi-route bicycling event
Rutherfordton
(828) 287-6113
www.rutherfordhousingpartnership.com

Duck Derby
Rubber ducks race
down Cape Fear River
Fayetteville
(910) 483-5311
www.fayettevilleduckderby.com

Antiques Fair
Cameron
(910) 245-3055
www.antiquesofcameron.com

Art in the Plaza
Valdese
(828) 980-2487
www.vhac.webs.com

Plant Sale
Lexington
(336) 731-7317

Bass Fishing Tournament
Asheboro
(336) 302-2695

The Diamonds—In Concert!
Salisbury
(704) 633-1474
www.rccamusic.com

Spring Along The French Broad River
Canoe trip
Rosman
(828) 877-3106
www.headwatersoutfitters.com/signs_of_spring.html

10 | TUES.

National Tourism Day
Edenton
(252) 482-2537
www.edenton.nchistoricsites.org

A Doctor Looks at War
Fayetteville
(910) 483-5311
www.cumberland.lib.nc.us

11 | WED.

Pontoon Boat Trip
Fayetteville
(910) 483-5311
www.fcpr.us/outdoor_programs/clark_park.aspx

12 | THURS.

Hoppers Perform Concert
Carolina Gospel Association
Rutherfordton
(828) 287-6113
www.carolinagospel.com

Lake Eden Arts Festival
May 12-15, Black Mountain
(828) 686-8742
www.theleaf.org

13 | FRI.

Discovery at Dusk Canoe Trip
Rosman
(828) 877-3106
www.headwatersoutfitters.com/discovery_trip.html

Art After Hours
Sunflower Studio & Gallery
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

LaurelFest Community Festival
May 13-14, Laurel Hill
(910) 462-2424

Heart of the Triad Quilt Show
May 13-14, Colfax
(336) 299-6440
<http://hotqg.tripod.com>

Coastal Stars Quilt Show
May 13-14, Morehead City
(252) 247-2316
www.crystalcoastquiltersguild.org

NC Button Society's Annual Show
May 13-14, Greensboro
(336) 682-8525
www.ncbuttonssociety.com

"Our Leading Lady"
Play by Charles Busch
May 13-15, Union Mills
(828) 287-6113
<http://unionmillslearningcenter.org>



The Heart of the Triad Quilt Show falls on May 13-14 in Colfax. Call (336) 299-6440 or visit <http://hotqg.tripod.com> to learn more.



The Potato Festival takes place May 20–21 in Elizabeth City. Call (252) 338-2328 or visit www.ncpotatofestival.com to learn more.

14 | SAT.

Master Gardeners Plant Sale

Lexington
(336) 247-2995

Spring Fling Carnival

Davidson
(704) 895-4495
www.mckinneyacademy.com

Tour Of Homes By The Waters

Morganton
(828) 584-9023
www.linvilleumc.org

Arboretum Plant Sale

Greenville
(252) 752-4542
<http://pitt.ces.ncsu.edu>

Crafty Saturday

Making greeting cards
Tarboro
(252) 641-0857
www.cardscraps.com

Foothills Wine Festival

Glen Alpine
(828) 584-4551
www.foothillsconservancy.org

Port Discover's Second Saturday Science

Elizabeth City
(252) 338-6117
www.portdiscover.org

Fit As Can Be!

Yoga class
Elizabeth City
(252) 338-6117
www.portdiscover.org

Communicate

Girl Scout program
Wilmington
(910) 251-5797
www.battleshipnc.com

Festival of Beers

Southern Pines
(910) 692-3926
www.moorecountychamber.com

Spring Garden Tour

May 14–15, Hillsborough
(919) 732-7741
www.visithillsboroughnc.com

Naturalist Weekend

Grandfather Mountain
May 14–15, Linville
(800) 468-7325
www.grandfather.com

Art Show & Sale

May 14–15, Staley
(919) 742-3325
www.hickorymountainweavery.com

15 | SUN.

Music in the Parks

Edenton
(252) 482-8595
www.visitedenton.com

Albemarle Chorale

Elizabeth City
(252) 426-5891

The Conductor's Favorites

Concert series, Maggie Valley
(828) 452-5553
www.haywoodcommunityband.org

19 | THURS.

Southern Appalachian Native Plant Show & Sale

May 19–21, Sapphire
(828) 966-4065

20 | FRI.

Hog Day

BBQ, music, children's activities
May 20–21, Hillsborough
(919) 732-8156
www.hogdays.com

Potato Festival

May 20–21, Elizabeth City
(252) 338-2328
www.ncpotatofestival.com

Dairy Goat Festival & Parade

May 20–21, Spindale
(828) 287-6113
www.goatfestival.com

Greek Festival

May 20–22, Chapel Hill
(919) 484-1600
<http://stbarbaranc-greekfestival.org>

Pirates on the Pungo Regatta

May 20–22, Belhaven
(252) 946-2244
www.piratesonpungo.org

21 | SAT.

Civil War Maritime Program

Edenton
(252) 482-2637
www.edenton.historicsites.org

Granville Arts Festival

Oxford
(252) 492-6404
www.granvilleartscouncil.org

Thanks to Veterans

Fayetteville
(910) 483-5311
www.asomf.org

Dragon Boat Race & Festival

Lake Lure
(828) 287-6113
www.lureofthedragons.org

Military Through the Ages

Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

George Washington Visits

Winston Salem
(336) 721-7300
www.oldsalem.org

Country Roads Bike Tour

Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Seafood Festival

Engelhard
(252) 944-7887
www.engelhardseafoodfestival.com

5K, Biathlon & Kids Biathlon

Lincolnton
(828) 308-2722
www.racingtoes.com/pages/events.htm

Antique Auto Show

Morehead City
(252) 393-7769

Trosley Farm Tour & Dinner

Elk Park
(828) 733-4938
www.trosleyfarm.com

Spring Festival

Albemarle
(704) 791-7399
www.littlecreekmusicpark.com

Spring Wildflower Walk

Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Acorn Fest Open Car & Truck Show

Four Oaks
(919) 963-6886

Garden Tour

May 21–22, Lexington
(336) 247-2995

World War II Reenactment

May 21–22, Huntersville
(704) 875-2312
www.lattaplantation.org

Crystal Coast Boat Show

May 21–22, Morehead City
(252) 808-0440
www.downtownmoreheadcity.com

22 | SUN.

Southern Appalachian & Piedmont Plants

NC Botanical Gardens, Chapel Hill
(919) 962-0522
<http://ncbg.unc.edu>

Herring Festival

Apr. 22–23, Jamesville
(252) 217-5363
www.ncherringfestival.com

26 | THURS.

Lil John's Mountain Music Festival

May 26–28, Snow Camp
(336) 376-5041
www.littlejohnsmountainmusic.com

Memorial Day Stroll & Cruise In

Lexington
(336) 249-0383
www.uptownlexington.com

Founder's Festival

May 27–28, Valdese
(828) 874-1893
www.waldensiantrailoffaith.org

Dawn of a New Nation Evening Tour
May 27–28, Winston Salem
(336) 721-7300
www.oldsalem.org

28 | SAT.

Battle of the Barbecue
Littleton
(252) 586-5711
www.lakegastonchamber.com

United Way Fundraiser
Linwood
(336) 248-7303

Corvette Show
May 28–29, Maggie Valley
(800) 441-5305
www.smokyevents.com

Garden Jubilee Festival
May 28–29, Hendersonville
(828) 693-9708
www.historichendersonville.org

29 | SUN.

New River Banks Party
Jacksonville
(910) 455-3893
www.wonriverkeeper.org

Simon Says Bird Walk
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

30 | MON.

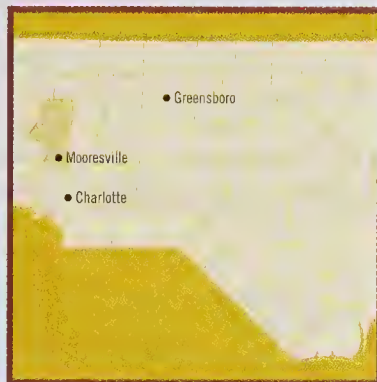
Commemorate
Memorial Day Observance
Wilmington
(910) 251-5797
www.battleshipnc.com

The Remarkable Rhododendron Ramble
Grandfather Mountain
May 30–June 12, Linville
(800) 468-7325
www.grandfather.com

Listing Information

Deadlines:
For July: May 25
For August: June 25

Submit Listings Online:
Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.



CAROLINA COUNTRY adventures

Day Trip

Mooresville

Racing aplenty

Ladies and gentlemen: Start your engines and head for Mooresville. This city of about 22,000 is nicknamed "Racing City, USA" for good reason—here you'll find a passel of tracks, showrooms, restaurants, museums and shops devoted to the need for speed. In fact, the North Carolina Auto Racing Hall of Fame is the official visitor center for Mooresville (Exit 36 off I-77). It displays more than 35 race cars (from drag racing to stock cars), regularly rotates its displays, has an gallery featuring the sports' top artists and it lets you re-live racing's big moments



Visit the PIT Indoor Kart Track in Mooresville if you feel the need for speed.

in its mini-theater. Other racing facilities in Mooresville include Dale Earnhardt, Inc., which displays The Intimidator's pictures, awards and cars in a mammoth showroom and retail store on Dale Earnhardt Highway 3 (Exit 36), and the Memory Lane Motorsports & Historical Automotive Museum (Exit 36), which boasts the world's largest private collection of retired NASCAR and vintage race cars. Its offerings include antique toys, pedal cars, gas pumps, movie cars and vintage motorcycles, plus the largest known collection of racing Go-Karts

Drive-through animal safari

You also can get to the Lazy 5 from Exit 36 off I-77. This unique attraction on Highway 150/Mooresville Road lets you feed critters from your car or take a horse-drawn wagon on a 3.5-mile trail through gently rolling pastures.

The ranch, privately owned and operated, boasts more than 750 animals from six continents. Exotic creatures you may spy include kangaroos, giraffes, rhinos, camels, llamas, porcupines, tortoises, zebras and horned oryx (of the antelope family and extinct in the wild), as well as donkeys and several kinds of cattle including the pygmy zebu and the Watusi. Bring your camera but leave pets at home—they aren't allowed. (Note: Credit and debit cards are not accepted.) Lazy 5 Ranch is open daily. For times and admission, call (704) 663-5100 or visit www.lazy5ranch.com.



A Holstein opens wide for food at the Lazy 5 Ranch.

—Karen Olson House

Learn of other nearby adventures and events:

(877) 661-1234
www.racecityusa.org

When replacing your air conditioning system, installation expertise is the most important factor

Q: With hot weather around the corner, we're thinking about having our air conditioner tuned up. It might be even be time to replace it with a new, more efficient system. It's about 12 years old and seems to be running okay. Would it be worth it to get a new one?

A: I'm always reluctant to discard equipment that's working fine, even to replace it with more efficient equipment. If your air conditioning system is 12-years-old, it is time to think about getting a new one. On average, they last about 12 to 15 years. Of course there are some out there that are more than 20 years old and still cranking out cool air.

What you don't want is to be in the middle of an August heat wave—five days in a row over 95 degrees—and have your air conditioner die. Of course it will happen at the worst time, like when your family is visiting. At that point, you'll call your AC dealer and get him to install whatever will get the cool air flowing immediately, and then you'll pay for that for the next 12 to 15 years.

Having the system checked now and doing some homework about what you want to replace it with will pay real dividends when the time comes. Below are some of the factors you should consider and some questions should you ask.

The single most important factor is the quality of the technician doing the work. Many heating and cooling systems installed in homes in the U.S. are not installed to the manufacturer's specifications. What does that mean, and why should you care?

The efficiency of air conditioning systems is tested and given a SEER rating (Seasonal Energy Efficiency Rating) - the higher the rating, the more efficient the equipment; that is, the less electricity it will use to produce the same amount of cooling. This rating assumes the equipment is installed properly, according to the manufacturer's specifications.

Years of research conducted nationwide demonstrates that, most of the time, proper installation doesn't happen, which means you don't get

anywhere near the efficiency you're paying for. On average, SEER 12 equipment performs at about SEER 7.5, so you wind up paying a lot more to keep your sister comfortable when she visits in August.

What are the biggest problems?

The first is leaky ducts. Whether you are replacing your equipment now or not, making sure the ducts are totally sealed—with duct mastic, not tape—is one of the most cost-effective things you can do, especially if you have ductwork in the attic. Attaching a high-efficiency air conditioner to a duct system that is cooling the attic, crawlspace and the rest of the neighborhood doesn't make a lot of sense.

The next big issue is proper sizing of the new air conditioner. Usually, contractors simply install a system that is the same size as what you have now. Some even put in something a little larger "just to make sure." Since the vast majority of systems are already oversized, you need to make sure your contractor does an actual load calculation to determine what your house needs. Oversized air conditioners will be less efficient, costing you more to run. They also won't run enough to pull the moisture out the air, causing high humidity in the house. Sometimes, especially if you've done any weatherization improvements, a



The single most important factor is the quality of the technician doing the work.

smaller system might make you much more comfortable and will cost much less to run.

The other big issues are having the proper amount of refrigerant in the system and setting the right air flow. When these are off, efficiency suffers and you pay more.

There are a number of contractors in North Carolina who have the training and skill to do these things right. They usually won't be the lowest bid, but they will save you money in the long run. If your contractor blows this stuff off— isn't willing to show you his load calculation or talk about how he measures the air flow to each room to make sure it's right—it might be time to find another contractor. 📞

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

Business Opportunities

WATKINS SINCE 1868. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

KENWILD BOBWHITE QUAIL CHICKS. Hatching 40,000 weekly, May-October. S & R Quail Hatchery, 4639 Hwy 705, Robbins, NC 27325. 910-464-2344.

LICENSED P&C AGENTS TDP COMMISSIONS PAID PERS/ COMM. We handle the quote, process, service & you get paid! 30% new/renewal. Call 800-352-3416. www.FCIGNC.com

FOR SALE: CAROLINA UPHOLSTERY SHDP & SHOWROOM. 20+ years locally established serving greater Charlotte. Owners retiring. Serious inquiries 704-455-2004. www.carolinaupholsteryshop.com or carolinaupholsteryshop@yahoo.com

WHAT ARE YOUR DREAMS? Looking to help 3 motivated people earn \$500-\$2,000/month, free car! Free ongoing training and support. www.WeFoundAFuture.com/12569

ESTABLISHED BUSINESS—SCREEN AND EXT. ROLLER SHADE COMPANY. Trailer, show displays, inventory, tools and training. Moving must sell. \$15,000. 919-606-4954.

Vacation Rental

BEAUTIFUL LOG CABINS close to the Blue Ridge Parkway. www.treasurecovecabins.com or 1-888-627-6037.

BEACH HOUSE, N. Myrtle Beach, SC. 4BR/2B, sleeps 14. 828-478-3208. Request photos: bnagel36@charter.net

VACATION AT OUR PRIVATELY OWNED MOUNTAIN GET-AWAYS—overlooking the pristine waters of Helton Creek. Located in the Blue Ridge Mtns. on the NC/VA border (Ashe County/Grayson County). Private hot tubs! Browse photo gallery to choose one of our custom-built Creekside Cabins. www.highmountaincabins.com 800-238-8733.

PIGEON FORGE, TN. CONDO RENTAL. Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. www.scenicvalleyproperties.com or call 336-657-3528.

WHITESIDE COVE CABIN, HIGHLAND, NC. 3BR/1BA. white-sidecovecabin@gmail.com Photos available.

CHERRY GROVE CHANNEL HOUSE, 4br, 3½ baths, rent by week or weekend, call 919-542-8146.

ST. AUGUSTINE BEACH CONDD, pool, boat ramp. Great getaway. Inexpensive. 828-526-8971 or 828-342-0546.

PALMS RESORT, MYRTLE BEACH. Amazing views, ocean-front, condo, spacious, beautiful, 1bed/1bath, sleeps 8. Balcony, stainless kitchen, fireplace, amenities galore. 828-288-9923.

BLOWING ROCK CONDD, 2/brm, 2/ba. Fully furnished, washer, dryer, fantastic view. 321-269-2944.

SECLUDED COTTAGE ON ALBEMARLE SOUND near Columbia, NC. Easy drive to Outer Banks-Edenton-Merchants Mill Pond. www.egretonthesound.com

ATLANTIC BEACH OCEANFRONT. Breathtaking view. 1/BR, 1½/BA, \$75.00. 816-931-3366.

LOG CABIN IN MOUNTAINS of Ashe County, NC. Daily or weekly rental. 336-982-2463. www.carsonlogcabin.net/firms.com

CONDD AT SUMMERWINDS RESORT, near Emerald Isle: 4 bdrm, 3 bath, 4th floor ocean front, pools, sports center. Call 804-282-9350 after 6 PM. www.swartzproperties.com

BEAUTIFUL LAKE NDRMAN VACATION HOME for rent. Check out our website for more details at www.vrbo.com/232384

2/BDRM CONDD BEACHSIDE AT PINE KNDLL SHORES. Pool, internet. Short walk to beach. \$925 per week. 919-414-3604 owner.

OCEAN LAKES CAMPGROUND, Myrtle Beach. 2/BR, 1/BA house. \$700/week/peak. Missy 336-956-4405.

OCEAN LAKES, MYRTLE BEACH, 3BR/2BA. \$1205/Summer, \$85.00/night Spring. 910-425-5704 or knlsyder@embarqmail.com

Real Estate

CALL ABOUT 100% USOA LAND/HOME LOANS. Macon Robertson, custom builder, 252-459-4525.

BLUE RIDGE PARKWAY Milepost 257, Jefferson, NC house for sell. 3/BED, 2/BATH. Info: www.ashecountymountainhouse.com or 704-795-1159.

SEVEN DEVILS, NC CONDO. 1BR/1BA, furnished—\$69,500. Carol 800-264-6144.

Insurance

AUTO & CLASSIC/ANTIQUE CAR INSURANCE! Call for best rates. 800-352-3416, Agent Gary Kunce. Visa, MC & Discover accepted.

SHOP MULTIPLE COMPANIES FOR BEST RATES on life insurance. Call for quote & illustration. No hungry agents, just secure protection, plain talk & great rates offered. Call 800-352-3416, Ann Kunce, agent or www.FCIGNC.com Why pay more?

FREE QUOTE—New plans for Medicare beneficiaries with a highly respected company. Competitive rates on all plans. Call 1-800-982-8842 to speak with a senior health specialist. Plans also available for individuals under age 65.

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

BAPTISTRY PAINTINGS—JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

USED PORTABLE SAWMILLS! Buy/Sell. Call Sawmill Exchange 800-459-2148, USA & Canada, www.sawmillexchange.com

LOW MILEAGE ENGINES. BIG SAVINGS! Price includes delivery & 1 year part warranty. Mileage verified. Call Today! 901-266-9996. www.LowMileageEngines.com

STRAW BALES—STRAW AVAILABLE—large or small quantities. 828-413-4089 or www.strawsale.com

USED PEWS FOR SALE, SEE WEB site for inventory. www.cheapusedpews.com or call 910-590-4364.

“YOU KNOW YOU’RE FROM Carolina Country If...” A book of collected submissions from Carolina Country magazine readers. You know you’re from Carolina country if you say “Laud ham mercy!” 96 pages, illustrated, 4 by 5½ inches. Only \$7 per book (includes shipping and tax). Call and we’ll send you a form to mail back (919-875-3091) or buy with a credit card at our secure online site at www.carolinacountry.com.

#1 Value. Escorted Tours Since 1952.
Caravan
New from \$995! Panama Canal, Rainforests and Beaches.
Call 1.800.CARAVAN for free 28 page info guide.
Or, visit us online at Caravan.com.

CAPE HATTERAS LIGHTHOUSES for yard, patio, etc. 3 foot to 6 foot. www.lighthousesbygibson.com

DEVICE TO GET MUCH BETTER MILEAGE, POWER! Wholesale! Phone 252-566-9648.

LAKE OR PDND? Aeration is your 1st step toward improved water quality. Complete systems \$189-\$399! Also: super-high efficiency water pumps up to 11,000gph & fountain aerators too! Save hundreds! www.fishpondaerator.com. (608) 254-2735. Open 7 days a week. Fast service too.

“CARDLINA COUNTRY REFLECTIONS” More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story that goes with it. Hardcover, coffee table book, 160 pages. Only \$35 (includes tax and shipping). Order online www.carolinacountry.com or call 919-875-3091.

Miscellaneous

PLAY GDSPEL SONGS BY EAR! 10 lessons \$12.95. “Learn Gospel Music.” Chording, runs, fills—\$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204.

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 7549 West Cactus, #104-207, Peoria, AZ 85381. www.ordination.org

BLUEGRASS MUSIC! Free catalog. 1-800-473-7773 or www.musicshed.com

DIVDRCE MAOE EASY. Uncontested, in prison, alien, lost—\$149.00 Phone 417-443-6511, 10am–10pm.

WORK CLDTHES—Good clean rental type: 6 pants and 6 shirts \$44.95, lined work jackets, \$10.95, denim jeans \$6.00 call 800-233-1853. www.usedworkclothing.com

(SPDRTS ILLUSTRATEO MAGAZINE), personal magazine cover. Lhall7@ec.rr.com—Mail \$10.00 and photo to 2525 Highway 101, Havelock, NC 28532.

FREE BOOKS/DVDs—SDDN THE “MARK” of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771 thebiblesaystruth@yahoo.com

ALFALFA HAY ALL QUALITIES to fit your needs. 3x3, 3x4 or 4x8 large square bales delivered to you in semi truck load amounts. Call toll free 1-800-835-2096 or 1-877-285-8200.

16,000 WOODWORKING PLANS AND PROJECTS! Easy-to-follow step-by-step instructions. Money back guarantee. Order now to get free bonuses! www.plans4woodworking.biz/cc

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

LOWEST COST
Term Life Insurance
Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users

BRANDON RAMLET
(888) 250-5054
TALIC FORM NO. 1-32207-198



Strawberry Tart

- 1 sheet refrigerated pie pastry
- 3 ounces German sweet chocolate, melted
- 2 packages (8 ounces each) cream cheese, softened
- 3 tablespoons heavy whipping cream
- 2 teaspoons vanilla extract
- 1 3/4 cups confectioners' sugar
- 2 1/2 cups sliced fresh strawberries
- 1/4 cup red currant jelly

Press pastry onto bottom and up the sides of an ungreased 9-inch fluted tart pan with a removable bottom. Place on a baking sheet. Bake at 450 degrees for 10–12 minutes or until golden brown. Cool on a wire rack.

Spread melted chocolate over bottom of crust. Cover and refrigerate for 5–10 minutes or until almost set. Meanwhile, in a large bowl, beat the cream cheese, cream and vanilla until smooth. Gradually beat in confectioners' sugar. Spread over chocolate layer.

Arrange strawberries over filling; brush with jelly. Cover and refrigerate for at least 2 hours. Remove sides of pan before serving.

Yield: 6–8 servings

Fluffy Strawberry Meringue Pie

- 3 egg whites
- 1/4 teaspoon cream of tartar
- 1 cup sugar
- 1/2 cup crushed saltines (about 12 crackers)
- 1/2 cup chopped pecans
- 1 teaspoon vanilla extract
- 2 pints fresh strawberries, divided
- 4 cups miniature marshmallows
- 1 carton (8 ounces) frozen whipped topping, thawed
- Red food coloring, optional



In a bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff glossy peaks form and sugar is dissolved. Fold in the crackers, pecans and vanilla.

Spread onto the bottom and up the sides of a greased 10-inch deep-dish pie plate. Bake at 350 degrees for 25–30 minutes or until meringue is lightly browned. Cool on a wire rack.

Set aside one strawberry for garnish. Slice half of the strawberries; set aside. In a bowl, mash remaining strawberries; drain juice, reserving 1/2 cup. In a saucepan, combine marshmallows and reserved juice. Cook and stir over low heat until marshmallows are melted. Refrigerate until partially set.

Fold the sliced and mashed strawberries and whipped topping into marshmallow mixture. Add food coloring if desired. Spoon into meringue shell. Garnish with the reserved strawberry. Refrigerate for 3 hours or until set. Refrigerate leftovers.

Yield: 8–10 servings

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com



Find more than 500 recipes
at www.carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale, WI 53129-0990. Visit the Web site at www.tasteofhome.com



Smothered Chicken Breasts

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon lemon-pepper seasoning
- 1 tablespoon canola oil
- 8 bacon strips
- 1 medium onion, sliced
- 1/4 cup packed brown sugar
- 1/2 cup shredded Colby-Monterey Jack cheese

Sprinkle chicken with salt and lemon-pepper. In a large skillet, cook chicken in oil for 6–7 minutes on each side or until a meat thermometer reads 170 degrees; remove and keep warm.

In same skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 2 tablespoons drippings.

In the drippings, sauté onion and brown sugar until onion is tender and golden brown. Place two bacon strips on each chicken breast half; top with caramelized onions and cheese.

Yield: 4 servings

From Your Kitchen

Twinkie Cake

- 1 box Twinkies snack cakes (10 to a box)
- 1 large package instant vanilla pudding
- 1 can (20 ounces) cherry pie filling
- 3 bananas
- 1 container (8 ounces) Cool Whip

Cut snack cakes in half, lengthwise. Place cream side up in a 9-by-13-inch dish. Mix pudding according to package directions and pour over snack cakes. Spread pie filling over pudding layer. Slice bananas and place over pie filling layer and top with Cool Whip. Chill until set.

Brenda Saunders of Spring Hope will receive \$25 for submitting this recipe.



regular price ~~\$34.99~~

PACKAGES
STARTING AT

\$24⁹⁹
a month
for 12 months

**PRICE GUARANTEED
THROUGH JANUARY 2013**
ON AMERICA'S TOP PACKAGES (REGULAR PRICE)

LOCALS INCLUDED!

HD FREE
for life
(on America's Top Packages)

FOR A LIMITED TIME RECEIVE:

FREE

2 ROOM
HD DVR Upgrade
1 HD DVR + 1 SD DVR
(\$6/mo DVR service fee applies)



FREE

SHOWTIME
10 CHANNELS
for 3 mo.
Original series,
movies, and sports

FREE



6 ROOM
Installation

FREE

**DISH
PLATINUM**
for 3 mo.

- tons of movies on demand
- no trips to the video kiosk or waiting for DVDs in the mail

See below for details.



HIGH-SPEED INTERNET NOW AVAILABLE
STARTING AT \$14.95*

Call Now
for Next Day Installation (in most areas)
1.877.871.4907

WWW.INFINITYDISH.COM

WE ARE OPEN 7 DAYS A WEEK 8 AM - MIDNIGHT EST • SUNDAY 9 AM - MIDNIGHT EST
OFFER ONLY GOOD TO NEW DISH SUBSCRIBERS • SE HABLE ESPAÑOL



\$25 VISA® GIFT CARD
WITH ACTIVATION
(certain conditions apply)

Scan this
QR Barcode
with your phone
and learn more
about our promos!



Get FREE barcode scanning software at: www.i-nigma.mobi

Digital Home Advantage plan requires 24-month agreement and credit qualification. Cancellation fee of \$1750/month remaining applies if service is terminated before end of agreement. Programming credits apply during first 12 months. \$10/mo HD add-on fee waived for life of current account; requires 24-month agreement, continuous enrollment in AutoPay with Paperless Billing. Showtime offer (\$39 value) requires AutoPay with Paperless Billing; after 3 months then-current price applies unless you downgrade. DISH Platinum offer requires qualifying HD programming, AutoPay with Paperless Billing; after 3 months you must choose to continue subscription. Free Standard Professional Installation only. All equipment is leased and must be returned to DISH Network upon cancellation or unreturned equipment fees apply. Limit 6 leased tuners per account; upfront and monthly fees may apply based on type and number of receivers. HD programming requires HD television. Prices, packages and programming subject to change without notice. Offer available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. Additional restrictions may apply. Offer ends 5/17/11. SHOWTIME and related marks are registered trademarks of Showtime Networks Inc., a CBS Company. Google TV: Limit one per account. DVR Integration Service fee will apply. Requires broadband Internet. Available with compatible DISH Network receiver models only (VIP* 622, 722, 722k). Restrictions may apply for existing customer to upgrade. Subject to change without notice. Other restrictions may apply. Google TV is a trademark of Google Inc. Logitech, the Logitech logo, and other Logitech marks are owned by Logitech and may be registered. Benefits subject to DISH Network equipment configuration. \$25 Visa® gift card requires activation and \$2.95 shipping and handling fee. You will receive a claim voucher within 3-4 weeks and the voucher must be returned within 30 days. Your Visa® gift card will arrive in approximately 6-8 weeks. InfinityDISH charges a one-time \$49.95 non-refundable processing fee. Indiana C.P.D. Reg. No. T.S. 10-1006. *Certain restrictions apply. Based on the availability in your area.

ATTENTION!

ELECTRIC COOPERATIVE MEMBERS!

Here's a plan that can provide
CASH TO HELP WITH FINAL EXPENSES

Up to **\$35,000!***

* Selected maximums apply depending on age

Now you can have a life insurance plan to help cover your final expenses –
a plan which pays up to \$35,000 to help your family cover your last expenses – worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92)
Underwritten by Standard Life and Casualty Insurance Co

CLIP AND MAIL COUPON TODAY!

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply

ACT NOW!

Peace of Mind
8358 Six Forks Rd. Suite 201
Raleigh, NC 27615

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

**MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION**

CC 05/11